

FOR FLIGHTS 3-5 HOURS



# Sleep Menu



## Sleep aids

- Ultra soft black-out eye mask.
- Bio-based foam earplugs.
- Baby alpaca throws.
- Bonsoir pajamas.

## Temperature

Your cabin is usually set at a medium temperature of 64-69°F / 18-21°C.

If you would like the temperature to be adjusted before you sleep, please inform your Cabin Host.

## Light

Cabin lighting will be gradually lowered before you rest and turned off while you are sleeping.

Please let us know if you prefer otherwise.

Please note that blinds must be open when preparing for landing.

## Hydration

Select a caffeine-free, calming tea before you rest.

Place some water near your bed so you can drink any time your body asks you to.

## Additional sleep services

- Unwind with a book from the library, or listen to a classical or nature sound soothing playlist with noise canceling headphones.
- Capture thoughts and clear your mind with our sleep journal.
- Set your watch and devices to the arrival time, to help the brain adjust to your new time zone.
- Place your devices to charge in a separate space for distraction-free rest.

## Wake up experience

The cabin temperature and lighting will be adjusted to support a natural transition from sleep to waking.

Please let us know:

- Your desired wake up time.
- How you wish to be woken up.
- What you would like to drink – an electrolyte drink, juice or a warm beverage.

Refresh your face with cold water before getting ready for landing, to make your skin bounce back.

*Every aircraft has different configurations, and your Cabin Host will guide you through available options.*

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PETER ATTIA  
——— MD ———

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*For a truly restful journey with VistaJet.*