

FOR FLIGHTS OVER 5 HOURS ————— ✦

# Sleep Menu



## Sleep aids

- Ultra soft black-out eye mask.
- Bio-based foam earplugs.
- Bonsoir pyjamas.
- Baby alpaca throws.
- Hypoallergenic linen and duvet.
- Hypoallergenic pillows.
- Onboard library.
- Non-caffeinated and calming teas can be served as a bedside drink.

## 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 sleep 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.

## Additional sleep services

- Wear our soft cashmere socks, then unwind with a book from the library.
- Play a soothing playlist with noise canceling headphones, or across your cabin.
- Apply face cream to help your skin restore its balance while you sleep.
- 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 ———

VISTA  JET

*For a truly restful journey with VistaJet.*