

FOR REST OF 2-3 HOURS



# Short Sleep

*"This is your opportunity for one complete sleep cycle, which typically lasts 90-110 minutes. The goal is to get one high-quality cycle of deep sleep and REM sleep that provides genuine restoration."*

*"Rather than trying to squeeze in extra time, aim is to wake up after one or two complete cycles. This prevents the grogginess that comes from incomplete sleep cycles".*

## For the best short sleep

- Prepare your environment 15 minutes before lying down, to signal to your brain that sleep is coming.
- Darken the room (eliminate all light sources, even small LEDs from electronics) or use a blackout eye mask.
- Make your space as quiet as possible, using ear plugs if helpful.
- Set the temperature to the coolest comfortable level, ideally 60-67°F / 16-19°C.
- If you have a 2-hour window, set your alarm for 1 hour and 45 minutes, giving yourself time to fall asleep plus one full cycle.
- Upon waking, immediately expose yourself to bright light and move around briefly.

FOR REST OF 2-3 HOURS

# Short Sleep

VISTAJET

*For a truly restful journey with VistaJet.*

FOR REST OF 20-45 MINUTES



# Power Nap

*"When you have less than an hour, you are working within the constraints of what sleep researchers call "Stage 2 sleep"—where you want to get rest without entering deep sleep that causes grogginess.*

*The aim is not to try to force sleep; instead, focus on resting with your eyes closed, slowing your breathing. Even if you do not achieve sleep, you are getting measurable recovery".*

## For the best power nap

- *Create darkness immediately — use whatever blackout tools you have.*
- *Lie down in a cool environment.*
- *Some people find it helpful to elevate their legs and to listen to white noise.*
- *You may choose to do a 'body scan meditation' or a 'mental walk' to help fall asleep.*
- *Set a gentle alarm for 30-40 minutes maximum.*
- *When the alarm goes off, get up immediately and expose yourself to bright light.*

FOR REST OF **20-45 MINUTES**

# Power Nap

VISTAJET

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