

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

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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

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