

Being Prepared for the Outbound Flight

Goal: To reduce the number of decreased alertness episodes during flight that are related to fatigue, particularly those occurring simultaneously for both pilots. Topics covered as a function of flight departure time and crew composition are: good sleep and nap management before the rotation; optimization of in-flight rest for augmented crews; reducing monotony in the cockpit by managing in-flight activities; timing of meals; and alternating passive and active vigilance phases.

	<i>Time Leaving Home or Hotel</i>	<i>Code</i>	<i>Basic Crew Preflight Do's and Don'ts</i>	<i>Basic Crew During Flight Do's and Don'ts</i>
Basic Crew	Common to All Times		<p>During the day, do your normal daytime activities. Try for exposure to sunlight in the afternoon.</p> <p>Avoid coffee and tea after 16h.</p>	<p>Alternate active and passive phases.</p> <p>Avoid eating meals or snacks at the same time as the other crewmember.</p>
	04:00 to 8:59	BC1:	<p>Do not take a nap during the day.</p> <p>In the evening, eat a light meal and go to bed as early as possible.</p>	<p>After an early wake up, watch for alertness decrements between 13h and 16h.</p>
	09:00 to 15:59	BC2:	<p>Eat a light meal in the evening and go bed at your normal time.</p> <p>Avoid getting up early.</p> <p>If possible, take a nap before leaving.</p> <p>Drink moderate amounts of coffee or tea if desired.</p> <p>Take advantage of waiting times during hotel-airport transfers to relax or take a nap, even if it is just a short one.</p>	<p>Watch for problems at the end of the flight since it corresponds to a period favoring sleep.</p>
	16:00 to 03:59	BC3:	<p>Eat a light meal in the evening and go bed at your normal time.</p> <p>Avoid getting up early.</p> <p>Take a long nap before leaving.</p> <p>Drink moderate amounts of coffee or tea if desired.</p> <p>Take advantage of waiting times during hotel-airport transfers to relax or take a nap, even if it is a very short one.</p>	<p>Watch for alertness decrements that may occur more frequently after midnight if you do not nap before departure.</p>

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Time Leaving Home or Hotel	Code	Augmented Crew Preflight Do's and Don'ts	Augmented Crew During Flight Do's and Don'ts
Common to All Times			Alternate active and passive phases. Avoid eating meals or snacks at the same time as the other crewmember.
Augmented Crew	04:00 to 8:59	AC1:	<p>During the day, do your normal daytime activities. Try for exposure to sunlight in the afternoon.</p> <p>Avoid coffee and tea after 16h.</p> <p>Do not take a nap during the day.</p> <p>Eat a light meal in the evening and go to bed as early as possible.</p> <p><i>These recommendation are the same whatever the in-flight rest period. But, if your rest is planned for the first part of the flight:</i></p> <p>Limit your morning coffee and tea intake.</p> <p>After an early wake up, watch for alertness decrements between 13h and 16h.</p> <p><i>If your scheduled rest starts between 9h and 12h:</i></p> <p>This period is not favorable for sleep, but you should still plan a long rest period or divide your rest into two or three periods spread out over the flight.</p>
	09:00 to 15:59	AC2:	<p><i>If you are scheduled to rest during the first part of flight:</i></p> <p>Conduct normal activities but avoid coffee and tea after 16h.</p> <p>Do not take a nap.</p> <p>Eat a light meal in the evening and go to bed as early as possible.</p> <p><i>If you are scheduled to rest during other parts of flight or there is no coordinated rest schedule:</i></p> <p>Avoid getting up early.</p> <p>Take a nap before leaving if possible.</p> <p>Drink moderate amounts of coffee or tea if desired.</p> <p>Watch for alertness decrements between 13h and 16h.</p> <p>If the end of the flight is in the evening, watch for problems since this time corresponds to a period favoring sleep.</p> <p><i>If your scheduled rest starts between 16h and 21h:</i></p> <p>This period is not favorable for sleep, but you should still plan a long rest period or divide your rest into two or three periods spread out over the flight.</p>
	16:00 to 03:59	AC3:	<p><i>If you are scheduled to rest between 18h and 22h:</i></p> <p>Eat a light meal in the evening and go to bed as early as possible. The day of the flight, conduct normal activities but avoid coffee and tea after 12h.</p> <p>Do not take a nap.</p> <p><i>If you are scheduled to rest after 22h or there is no coordinated rest schedule:</i></p> <p>Avoid coffee and tea after 16h.</p> <p>Eat a light meal in the evening and go bed at your normal time.</p> <p>The day of the flight, avoid getting up early, take a long nap before leaving and drink moderate amounts of coffee or tea if desired.</p> <p>Watch for alertness decrements after midnight if you do not nap before departure.</p> <p><i>If your scheduled rest starts between 18h and 21h:</i></p> <p>This period is not favorable for sleep, but you should still plan a long rest period or divide your rest into two or three periods spread out over the flight.</p>