

Sleep Hygiene for Aviation Personnel: A Guide to Better Rest



What is Sleep Hygiene?

Sleep hygiene simply means having good habits that help you get quality sleep regularly. **It's about setting yourself up for success when it comes to rest.**

Important Tips for an Important Job

Maintain your sleep schedule even on your off days



Create a relaxing bedtime routine



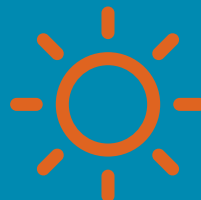
Avoid caffeine, alcohol, and heavy foods close to bedtime



Naps: 30 minute power naps or 90 minutes for sleep debt



Bright light first thing in the morning, especially in a new time zone



Exercise, but not too close to bedtime



Optimize your environment



When to Seek Help

If you consistently struggle with sleep despite practicing good sleep hygiene, or if you suspect you have a sleep disorder (like sleep apnea or insomnia), **talk to your healthcare provider and your Civil Aviation Medical Examiner.** Untreated sleep disorders can seriously impact your health and flight safety.

YOUR REST MATTERS!