



“Now, sit back, relax, and enjoy the flight. Thank you.”

## Top tips for sleeping on the plane

The Seasoned Traveler (ST) is a figure of cunning and subtlety. The ST knows almost all the tricks. All the tricks are the province of the Holiday Extras Seasoned Traveler (HEST). Here's how a HEST tackles the problem of sleeping on a plane.

### Booking your flight

It's a little-known fact, and nobody knows why it's the case, that people on the left of the aisle sleep better than those on the right. If you are a pair of HESTs, book the aisle and the window. People don't like the middle one on their own, so you have a good chance of getting the whole row.

The middle of the plane gets less buffeted by turbulence, it's the tranquility zone, as HESTs well know. Have a word with your GP about possible sleeping aids.

### The night before

Party like it's 1984 (or any year you hold dear). Stay up late. Watch the dawn.

### The day you fly

Don't have coffee (regardless of what you got up to the night before). Drink lots of water. Take water with you (buy it airside). Dress comfy. Wear the sort of shoes you can slip on and off (handy when going through security).

### In your seat

Take a pillow, the sort that slips round your neck. An eyeshade frees you from the cabin lights and also says "do not disturb or engage me in pointless chit chat". Headphones say the same, but louder. Take your own, ideally noise cancelling ones as the airline headphone are pretty much rubbish. It's tempting to pillage the bar, but it won't help you sleep.

### Before you drop off

On long haul, get the toilet break over with early. Move about as much as you can, to guard against DVT. You can even exercise your foot by rolling a drinks can back and forth. But let it settle before you open. Tuning to the classical music channel might help. It seems to work better than "Greatest Grime hits of the year." If you can manage most or all of the above you are a fully-fledged HEST.

### Useful links

Holiday Extras [www.holidayextras.co.uk](http://www.holidayextras.co.uk)  
[www.holidayextras.co.uk/travel-blog/before-you-go/how-to-sleep-on-a-plane.html](http://www.holidayextras.co.uk/travel-blog/before-you-go/how-to-sleep-on-a-plane.html) - How to sleep on a plane