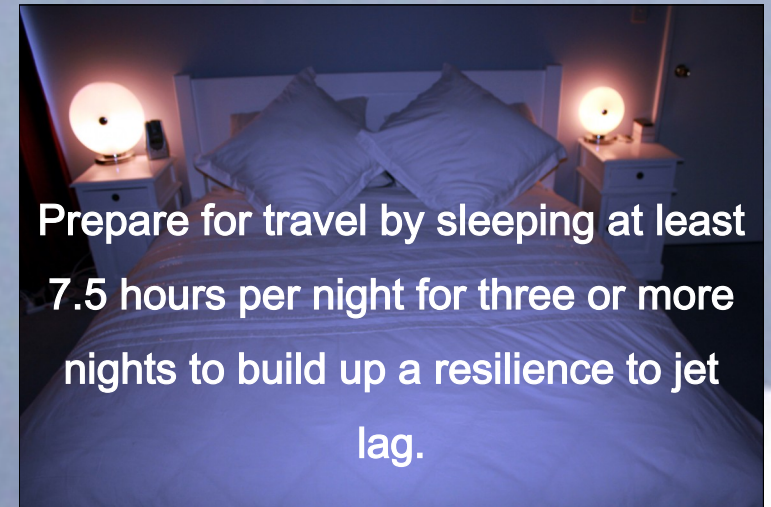


Time Zone Changes and Jet Lag

Time zone change (measured in time zones)	Adaptation period to become acclimatised to new location	
	Travel West	Travel East
2	1 day	1.25 days
3	1.5 days	< 2 days
4	2 days	2.5 days
5	2 days	2.5 days
6	2 days	2.5 days
7	3 days	3.75 days
8	3 days	3.75 days
9	3 days	3.75 days
10 or more	4 days	5 days

Adapted from Table 5: CAAP 48-1(1.1): Fatigue management for flight crew members



Beyond Midnight
Consulting

nickm@beyondmidnight.com.au