inflight comfort

LONG-DISTANCE FLYING can be demanding, as your body deals with different time zones and disruptions to normal sleeping, eating and exercise patterns. Altitude may make your body more sensitive to the effects of alcohol and caffeine. Sitting in one place for a long time can be uncomfortable and slow down your blood circulation.

To help your body adjust to flying and to maintain your personal comfort and wellbeing, we recommend you take the following steps:

- Keep hydrated Drink plenty of fluids—water, juice, non-caffeinated soft drinks—to prevent dehydration, fatigue and headaches. Minimise intake of alcohol and coffee. Moisten the face to help reduce the drying effects of cabin air;
- Eat lightly Eat lightly on longer flights to avoid indigestion—our inflight menu is designed to provide lighter option meals;
- Exercise We encourage you to do the gentle onboard exercises diagrammed on this page to enhance your wellbeing during the flight. We recommend you do these exercises for about five minutes every one to two hours. You should also occasionally walk down the aisles, as space permits. In addition, we recommend that you avoid crossing your legs;

Please note: You should not do any of these exercises if they cause you pain or cannot be done with ease.

- Moving About the Aircraft You may move about the aircraft as space permits and when the seat belt sign is off. However, for your safety, please remain seated with your seat belt fastened whenever the seat belt sign is on.

If you feel unwell, tell the cabin crew. They can assist with the more common inflight complaints and, if necessary, can seek further advice and assistance for you.

- On descent On descent, ears and sinuses can cause discomfort, due to the change in air pressure. To minimise discomfort:
  - Yawn or swallow frequently;
  - Pinch your nostrils together and blow firmly into your cheeks with your mouth closed.

If you have ongoing discomfort, seek the advice of the cabin crew.

Have a pleasant flight.