

meet your new sleep doctor.
the Good Night™ app.



LET AMERICA'S SLEEP DOCTOR, DR. MICHAEL BREUS,
USE PROVEN METHODS TO GUIDE YOU TO A
BETTER NIGHT'S SLEEP.

Get the app now: www.mentalworkout.com/get

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sleep well
when you travel

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I am thrilled to partner with Princess Cruises.® Sleep is crucial to your health and well-being. Princess is the first cruise line to recognize the importance of this and make it a priority for all of their guests.

It can be difficult to sleep while traveling. Jet lag is one obvious challenge, but there are other pitfalls and challenges for you to contend with as you undertake your journey and explore the world.

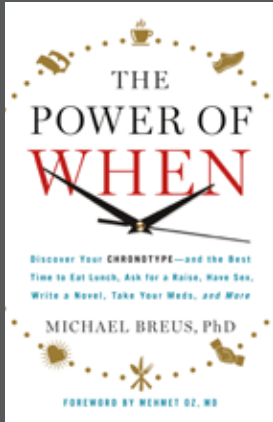
With just a few facts about sleep, and some simple tips, I'll help you prepare for restful nights of sleep at sea, so you leave the ship feeling relaxed, restored, and rejuvenated.

Sweet dreams, and bon voyage!

Michael Breus, Ph.D.
The Sleep Doctor®

timing is everything

Learn how to optimize your health, happiness and productivity through The Power of When.



buy Dr. Michael Breus' new book today
available at The Shops of Princess

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PREPARE FOR YOUR TRIP

Before you pack for your trip, there are things you can do to ensure you sleep well during travel and to help you function better after you arrive.

Get a good rest the night before you travel: Pack early so you don't have last minute stress. Research shows that most people lose sleep the night before travel, which makes jet lag worse!

Avoid red-eye flights: If you travel during times you'd typically be sleeping, it can disrupt your body clock and sleep-wake cycles. If possible, choose a flight that allows early evening arrival and stay up until 10pm local time. If you nap on the plane, do it during the early part of the flight — otherwise your sleep drive will be low when you arrive in the evening.

Choose the best seat: Book a window seat so you can control your exposure to light and darkness during the flight. In addition, if you are going to nap you will have something to lean up against

and no one can climb over you! Book your seat according to which side of the bed you normally sleep on — if your “side” is the right, choose a right side window.

Limit night driving: Driving at times you’d otherwise be sleeping or winding down for sleep are likely to disrupt normal sleep cycles, contributing to sleep deprivation and accidents. It may seem like a savvy way to avoid traffic or make it easier for your kids to sleep, but your sleep may suffer as a result.

Break up long-distance trips: Break up your travel with something more substantial than an uncomfortable airport layover or a roadside pit-stop coffee break. This can help you maintain energy and give your body clock time to adjust more gradually to time zone changes. Why not do some sightseeing on your way, do 25 push-ups, or even take a 25-minute power nap!



TOOLS TO HELP YOU SLEEP

- Sweatpants or sportswear
- Neck pillow
- Sleeping mask
- Ear plugs
- Blanket
- Water bottle
- Noise-cancelling headphones
- Music player
- Books and magazines
- Comfy socks



When you're online, download Dr. Breus' Good Night app so you can enjoy the content anytime, anywhere — even at sea! See back cover for free one-year access.

Internet charges may apply if you download onboard.

THE BEST WAY TO TRAVEL ON A PLANE

Trying to fall asleep on a plane can be one of the most frustrating experiences during your travels. If you struggle to fall asleep in the air, here are a few tips:

Dress for success: Wearing sweatpants or sportswear (nothing tight) will keep you comfortable. Slipping off your shoes should help things too, but don't forget to wear comfy socks to keep your feet warm.

Adjust your watch: Once you take your seat, adjust your watch to the time zone of your final destination, getting your mind set to where you will be headed.

Limber up: Stretch your body or try some yoga before your flight to keep yourself supple and relaxed.

Flip your neck pillow: Rather than placing it behind your head, wear it around under your chin so when you doze off your head will be supported when it naturally falls forward.

Use a foot rest: To maximize comfort, use your carry-on luggage as a foot rest to improve your posture.

Listen to music or white noise: Drown out any distracting sounds with “white noise” or play an ambient soundtrack, both of which are available inside the Good Night app. Details for download are available on the back cover of this booklet.

Avoid the snack trolley: Drinks and snacks rich in caffeine, sugar, and alcohol can disrupt your sleep pattern. If you must eat, have a carb-rich snack like cereal an hour before dozing off.

Avoid alcohol: One drink in the air is worth two on the ground (due to dehydration). Avoid drinking altogether or limit intake to one, maximum two, drinks with a meal.



SPEEDY JET LAG RECOVERY

Jet lag occurs when our biological clock (circadian rhythm) is slow to adjust and remains on its original schedule for several days (about one day per time zone crossed). When we travel to a new time zone, our bodies tell us it is time to sleep when it's actually the middle of the afternoon, or it makes us want to stay awake when it is late at night.

Here are some strategies to help you adjust to your new time zone faster:

Get exposed to and avoid light at the right times:

Controlling your light exposure is by far the most effective way to accelerate your circadian rhythm's alignment with a new time zone. Take advantage of the sunlight from your balcony or on the top deck in the morning and the blackout curtains in your stateroom at night.

Follow local time: Resist the temptation to catch up on sleep right away if you've arrived during the daytime, and try not to pull an all-nighter if you've

arrived somewhere late in the evening. The timing of exercise and eating can also help to adjust your body clock more quickly.

Make the most of your “peak” time: If you've traveled through multiple time zones, the first few days of your trip may be a time of transition with lingering fatigue. Keep an eye on the times when you feel most alert and energetic according to your home time, typically mid-day hours. If these peak hours fall within the daytime waking hours of your new time zone, plan activities for this time and expect to feel at your most energized and alert. As your body makes the adjustment to its new time zone, you'll need to rely less on your home-time hours.



TIPS FOR SLEEPING WELL ON YOUR CRUISE

Adopt a consistent sleep-wake schedule: When it comes to sleep, it's best not to take a "vacation" from a routine schedule. Set a reasonable sleep schedule for yourself, using local time — include both bedtimes and wake times. Plan for roughly the same amount of sleep you get at home — no more, no less. Keeping to a consistent sleep routine doesn't mean you have to say no to fun while you're traveling. There's room for late-night dinners and early morning excursions if you stick to a sleep-wake schedule that's consistent.

Don't overindulge in food and drink: Travel often goes hand-in-hand with indulgence when it comes to food and drink — it's a fun part of the travel experience. By all means, enjoy one of Princess' award-winning specialty restaurants, sip handcrafted cocktails at one of many relaxing lounges, savor exquisite Chocolate JourneysSM creations in the main dining room — treat yourself, but don't go overboard.

Alcohol may help you fall asleep more quickly, but alcohol consumption too close to bedtime can lead to shallow, restless sleep. Do your best to keep alcohol consumption moderate. If you can, alternate each alcoholic drink with a glass of water.

Eat at the right time: Hunger can keep you from falling asleep and staying asleep, but eating heavily close to bedtime can interfere with both the quality and quantity of your rest. Look for sleep-friendly foods noted on your room service menu.

Stop drinking caffeine at 2pm: Manage your caffeine consumption as you would at home. Avoid drinking caffeine within eight hours of bedtime (usually by 2pm local time), and drink caffeine in moderation during the day (6-8oz).

Be physically active: Staying active can help speed the transition of your body clock and make you more prepared to sleep at your new bedtime. Look to stay physically active in ways that are consistent with your normal regimen, whether that's a brisk

walk around the promenade, a tranquil yoga class at the Lotus Spa® Fitness Center or a high-powered spin class. Avoid exercise within three to four hours before bedtime as it can stimulate the mind and energize the body in ways that interfere with sleep.

Unwind before bed: Choose a relaxing activity, such as taking a warm shower or reading a book, to put you into sleep mode. If you read, choose a paper book instead of an e-reader as some e-readers emit light that can stimulate your brain and keep you awake. Before bedtime, skip TV and computer games which can be too stimulating.

Tune into the SLEEP channel on your stateroom TV for relaxing music by MusiCure, proven to help you fall asleep based on years of evidence-based medical research.

MusiCure®
MUSIC AS MEDICINE

MusiCure is presented by Scandic Health LLC

SMART NAPPING

Naps can be helpful in transitioning your body clock to a new time zone or supplement nighttime sleep, ensuring you're rested enough overall amid your busy itinerary.

- It's best to keep your naps short, in order to boost your energy without interfering with nighttime rest.
- If you're fighting a tough bout of jet lag, a 25-minute nap can help sustain you through the first day of fatigue and disorientation.
- A similar-length nap can fortify your energy after a late night out, and still allow you to sleep at your regular time that night.
- Avoid napping after 5pm or you risk having trouble falling asleep at bedtime.
- Don't watch TV while you're trying to nap — instead, tune into the SLEEP channel, which offers relaxing music.
- If you cannot fall asleep, try closing your eyes and meditating or relaxing.



HOW TO WIND DOWN AFTER A FULL DAY IN PORT

Hydrate: Lots of walking, hours spent outside in the sun... a day in port can be exhausting. While carrying a water bottle around with you is highly recommended, you should still make sure to hydrate when you get back on the ship. Water, coconut water, and sports drinks can all keep you hydrated. While sugary drinks may quench your thirst initially, the sugars and artificial sugars siphon out your body's water storage by making your organs work harder to process them. Be especially careful of sugary drinks that are also caffeinated. They actually cause you to lose more water than you gain!



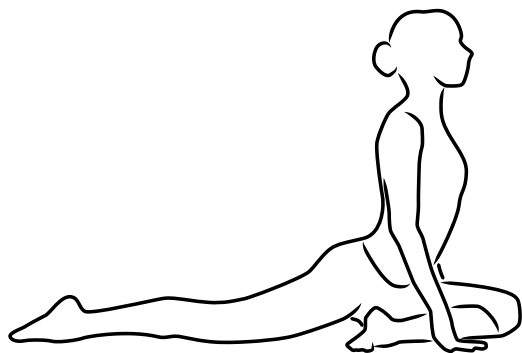
TAKE TIME FOR YOURSELF
Ask about sleep-friendly
onboard spa services.

Take a 25-minute power nap: If you get back to the ship in the afternoon, a 25-minute power nap can give your body a much needed energy boost so you can fully enjoy the evening without trying to fight fatigue.

Take a cool shower: Warm showers will raise your body temperature and make you sleepy, but if you are just back on board a cool shower will be refreshing, alerting, and energizing.

Catch your breath: Deep breathing slows the heart rate and calms the body. Focus on the moment at hand while breathing in through your nose and out through your mouth 10 times.

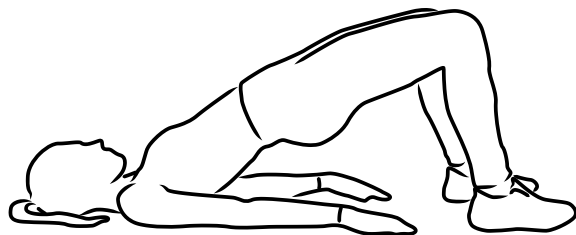
Stretch: While you are probably getting a great workout without even trying, there are some simple exercises you should consider doing after a long day ashore. You'll find a variety of simple stretches on the pages that follow to keep your body feeling relaxed and limber.



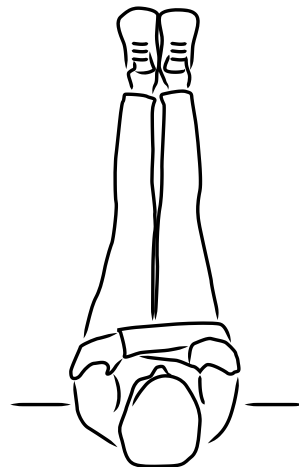
Sleeping swan: Begin on all fours with hands shoulderwidth apart and knees beneath your hips. Bring your right knee forward between your hands and rest it next to your right wrist. Your right heel should be beneath or close to your left hip. Stretch your left leg straight back behind you. Keep your hips facing forward and square with the front of your mat. Hold your body in an upright position for a 10-count, and then reach your body forward and feel it relaxing into the floor. Hold for 20 seconds.



Happy baby: Lying on your back, lift your legs and bring your knees toward you. Reach your arms between your knees to grasp your big toes or the outsides of your feet if you can. Bring your tailbone back down to the floor. Let your knees fall down to the sides wider than your shoulders, and breathe deeply for 20 seconds. Rock gently from side to side to help release your back.



Evening bridge: Lying on your back with your arms to the side (palms facing the floor), bend your knees so that your feet are on the floor, hip distance apart, and your toes are pointing forward. Take a deep breath and gently lift your hips toward the ceiling, keeping your body in a straight line. Hold for about 15 to 20 seconds and repeat.



Legs-up-the-wall: Lying on your back with your glutes against the wall, stretch your feet and legs up against the wall. Take a deep breath and simply relax. You can rest your hands and arms wherever you feel comfortable. You will love this restorative pose if you are on your feet all day. Remain in this pose for as long as you need.

SLEEP-FRIENDLY FOODS

Eating right before bed can significantly affect the quality of your sleep. Should late-evening hunger strike, be sure to check the sleep-friendly recommendations on your room service menu.

While spicy, greasy, and fatty foods might keep you awake, healthier options will help you ease into slumber and also add essential nutrients to your diet:

- Fortified cereal
- Bananas
- Turkey
- Sweet potato
- Chamomile and passion fruit teas
- Yogurt & milk
- Fish (especially salmon, halibut, and tuna)
- Whole grains
- Leafy vegetables (such as kale and collards)
- Chickpeas
- White rice (especially jasmine rice)
- Walnuts, almonds, and pretzels
- Honey
- Shrimp and lobster
- Hummus

HOW TO STOP SNORING

A snoring bed partner can be detrimental to good sleep. Snoring occurs when a narrowing of some part of your airway, usually your nose, causes the air you breathe in to move faster. As the air speed picks up, it causes vibrations in the back of your mouth or throat, and these vibrations cause a cadence and a snore.

Here are some ways to help ease snoring:

Decongest: Get any nasal congestion under control via over-the-counter medication, nasal sprays, steam showers, or a saline nasal wash like a neti pot.

Consider nasal strips: These external nasal dilators will open your airway, reducing congestion and snoring.

Stop drinking alcohol three hours before bed: Alcohol relaxes the muscles in the throat and nose, and can lead to more snoring.

Elevate: Using an extra pillow or foam wedge for the snorer can help take gravity out of the equation and open up the throat.

Create a pillow wall: Sound waves can be blocked. If your partner is a side sleeper and aims their snoring at you, a few properly placed pillows can make a huge difference.

Ear plugs: Get noise reduction rating (NRR) 32 ear plugs (or below) to reduce the sound exposure by 32 decibels (dB). The average snore is about 85 decibels, so this can seriously help.

Mask the sounds: Consider turning on a sound machine, fan, or tune into the SLEEP channel on your stateroom television.

PREPARE FOR THE TRIP HOME

When it is time to prepare for your return home, don't let your new sleep habits become a distant memory. Keep up your healthy sleep habits until your departure for home. Get a good night's rest before you depart. Plot your sleepsmart choices for your journey home: times you can rest or sleep in transit, ways to sneak in physical activity, and a plan for eating well on the road, plane, or train. You'll arrive home less fatigued, less stressed, and better equipped to transition back to your regular life.

Travel can be one of life's most rewarding experiences. If you take steps to manage and protect your sleep while traveling, you can enhance and deepen those experiences, and make more of every moment along the journey.



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