

MAKE RED-EYE FLIGHTS WORK FOR YOUR CAREER



Summary: Taking a red-eye flight before a meeting is not always a bad thing. Make the process smoother by getting prepared with these tips.

You may be surprised to learn that some professionals prefer red-eye flights. For the rest of us here are some tips when there are times when a red-eye flight cannot be avoided but you still need to be ready to go to meetings once you arrive at your destination.

- Picking a window seat allows you to lean against the glass and not deal with fellow seatmates crawling over you mid-flight.
- Follow a nightly routine by brushing your teeth, putting a pair of thick comfy socks, wrapping yourself in a blanket scarf, and lowering an eye mask. This will help trick your body into thinking it is at home and comfortable. Headphones can be another nice touch to drown out the noises even when they aren't plugged in.
- Stop stressing about sleep. The more you stress about getting some sleep, the harder it will be for your **body to relax and fall asleep**. Take melatonin drops before you board the plane and then relax. One all-nighter won't be the end of the world.
- Dress comfortably. Wear something you can sleep in on the plane and keep your professional outfit packed away in your carry-on so that you can change once the plane lands. Being able to change clothes refreshes the mind to think a new outfit means a new day.
- Grab water and something to wake you up like coffee or tea. While riding to the meeting use a product that helps reduce puffiness and redness from the eyes and eat a healthy snack to **give you a boost of energy**.
- Use the hospitality suite. If you are fortunate enough to have time before the meeting, drop your luggage of at the hotel to see if a hospitality suite is available. Sometimes you might be able to shower and freshen up in an available suite. If not, ask about the spa facilities or locker rooms and use those.

Photo: huffingtonpost.com