



zeitfarer  
time shifts, you don't have to.

# User Manual

Zeitfarer builds a sleep plan around your trip: when to sleep, when to stay up, what to expect from a bunk break, and how much rest you will have before each report. This manual walks through the app one tab at a time, using the names you see on screen.

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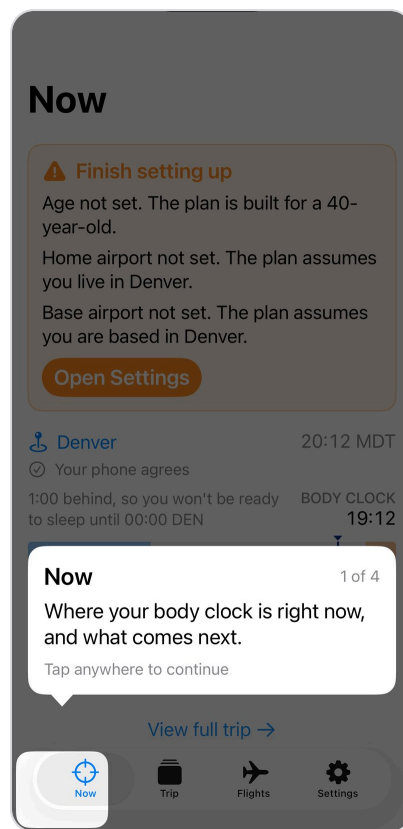
# Getting started: fill in Settings first

Every number in the plan is built from what the Settings tab knows about you. Until you fill it in, the plan runs on a stand-in pilot who is not you. Open Settings before you enter a single flight and set these:

| Setting                               | Until you set it, the plan assumes                                                                                                                 |
|---------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|
| Age                                   | You are 40. Age changes your sleep efficiency and your light plan, and the page says so until it is set.                                           |
| Typical bedtime and Typical wake time | 23:00 to 07:00. This is where your night sits on the body clock, and every sleep on the trip is placed relative to it.                             |
| Home airport                          | Denver. This is the clock your body is on, and the clock the whole trip is anchored to.                                                            |
| Base airport                          | Denver. If you commute, the plan cannot tell a commute from a duty leg until this is set.                                                          |
| Unwind time and Get-ready time        | 1 hour to settle at a hotel, 1 hour 30 minutes from waking to the van.                                                                             |
| Home to airport time                  | Only the report lead before your first flight and 45 minutes after your last landing. The pre-trip card says it is a placeholder until you set it. |

Age, bedtime, wake time, home, and base are the five that move every number on every card. Set them once and they stay.

The first time you open the app, it shows the End User License Agreement: a short summary of the key points, then the full text. Tap **I Agree** to continue. A short tour then points at each tab and lands you on Settings; on later runs it lands on Flights. Until your age, home airport, and base airport are set, a **Finish setting up** card sits at the top of Now and Trip. It names what is missing, says what the plan is assuming meanwhile, and its **Open Settings** button takes you to the first empty field. It disappears on its own once the three are set.



First run: the tour points at each tab in turn. Behind it, the Finish setting up card.

Then, in order:

1. **Flights.** Enter the legs of your trip in order, including any commute or deadhead. For each operated leg, set the crew size and your bunk rest slot.
2. **Trip.** Open each card and fill in what you know: hotel arrival, van time, and which break you hold. Everything else is planned for you.
3. **Now.** During the trip, this is the tab to live on. It shows where your body clock is and what is next; tap the current or next event to open it on the Trip tab, where you log your sleep and the plan re-times what follows.

Everything you enter stays on your phone. The one connection the app makes is to the App Store, to confirm your purchase.

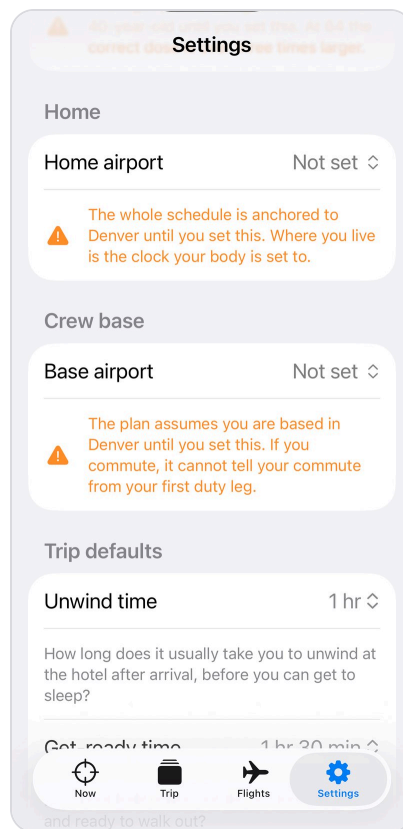
# Settings tab

Your age, your normal night, home, and base. Fill this in first. Every number on every card depends on it. The page reads top to bottom in the order that matters: you, your home clock, your base, then the defaults every trip starts from.

- **Pilot. Name** is optional. **Age** matters: sleep efficiency and the light plan change with age. Until it is set the plan assumes 40, and the page says so in orange.
- **Typical bedtime** and **Typical wake time** on a normal night at home. They set where your night sits on the body clock. **Typical sleep** is worked out from them.
- **Sleep tracking device**: on if you wear an Oura Ring, Apple Watch, or another sleep tracker. Each sleep you report is then the sleep your device measured, and the question on every card changes to match. Off, you report how long you were in bed and the plan estimates your sleep from that. Reports you already entered keep the meaning they had when you entered them.

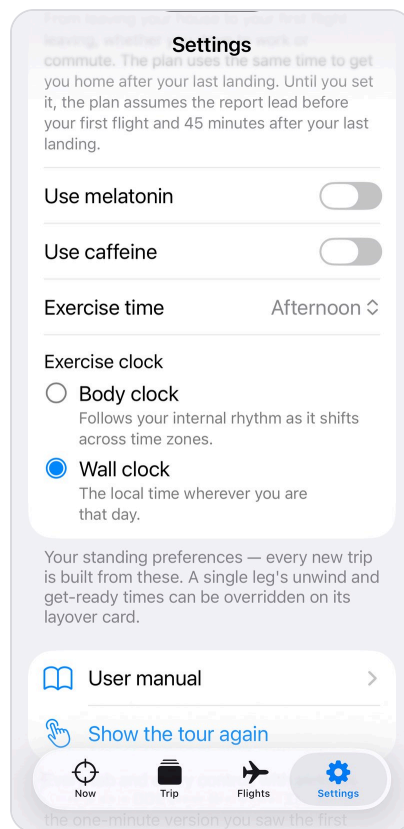
Pilot: name, typical sleep, age, and the sleep tracking device switch. The tour lands here, on the first empty field.

- **Home airport.** Where you live. This is the clock your body is set to and what the whole schedule anchors to. It shows **Not set** and an orange note until you pick it. Get this right before anything else.
- **Base airport.** Where your trips start and end. Also **Not set** until you pick it. If you live in base, pick the same airport as home. If you commute, this is how the app tells your commute from your first duty leg.



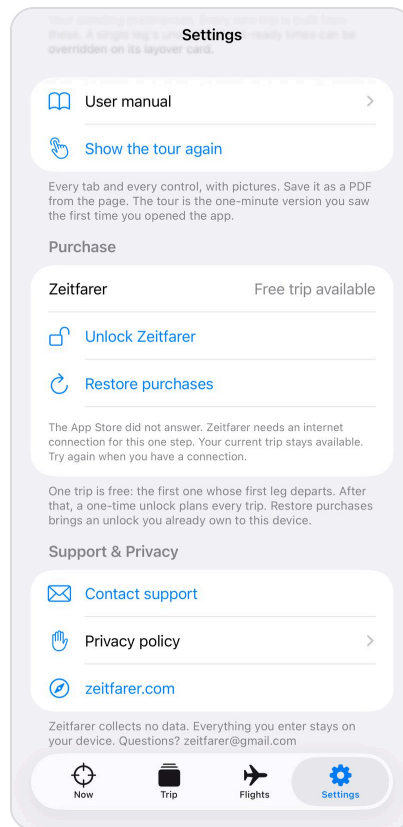
Home and Crew base show Not set, with an orange note on what the plan assumes, until you pick.

- There is no **Strategy** row. The plan holds your home time on every layover, which is what the fatigue research group recommends for pilot trips. To adapt on a long stay, use the switch on that layover's card. See Layover cards.
- **Unwind time**: from arriving at the hotel to being able to sleep.
- **Get-ready time**: from waking to walking out for the van.
- **Home to airport time**: from leaving your house to your first flight leaving, whether you drive to work or commute. The same number is used for getting home. Until it is set the plan uses a placeholder and the pre-trip card says so.
- **Use melatonin** and **Melatonin dose**, **Use caffeine**, and **Exercise time**: switch on the ones you use and the plan times them for you. A coffee on a flight card says why it is there: your sleep pressure reaching the line, the 02:00 to 06:00 body-clock trough, the hours you will have been awake, or your mid-afternoon body-clock dip. On a first break the coffee comes after your bunk; on a middle or last break it can come after the bunk as well as at pushback, when the approach needs it.
- **Exercise clock**: whether your workout follows your **Body clock** as it shifts, or the **Wall clock** wherever you are.



Trip defaults. Every new trip starts from these; a layover card can override the times for that stay only.

- **About Zeitfarer**, at the top of the page, explains how the plan is built and the science behind it.
- **User manual** is this page. The share button at the top saves a PDF copy wherever you like.
- **Show the tour again** replays the one-minute tour of the tabs.
- **Purchase**: where you stand (free trip available, free trip used, or unlocked), **Unlock Zeitfarer**, and **Restore purchases**, which brings an unlock you already own to this device. Buying and restoring are the one thing in the app that needs a connection.
- **Support & Privacy**: contact support, the privacy policy, the End User License Agreement, and the website. The policy and the agreement are the full text and read with no connection. Zeitfarer collects no data.



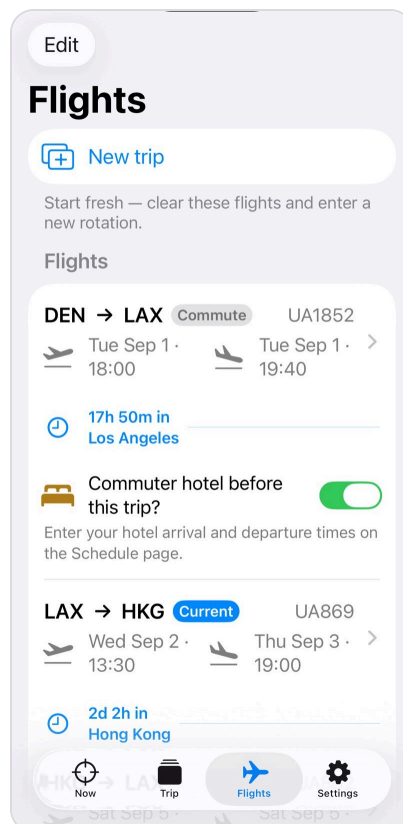
The manual, the tour, Purchase, and support. With no connection, the Purchase section says so.

# Flights tab

Enter your legs here, commutes and deadheads included. Everything else is built from this list.

## Your flight list

- **New trip** clears the current flights and starts a fresh trip. It asks first.
- **One trip is free.** The free trip is the first one whose first leg departs. Until then you can delete it and enter it again as often as you like. Once it has departed, **New trip** opens the unlock page, a one-time purchase that plans every trip after it. The trip you are on stays open, and it still takes your reported sleep.
- Each row shows the airports, the flight number, and the local departure and arrival times. A **Commute** or **Deadhead** badge marks a leg you ride in the back. **Current** marks the leg you are on.
- Between rows, the ground time and city, for example **17h 50m in Los Angeles**.
- **Commuter hotel before this trip?** sits above your first operated leg. Switch it on if you take a hotel at base before it; the Trip tab then shows a Commuter hotel card. **Commuter hotel after this trip?** sits after your last operated leg the same way.
- Tap a row to open the leg. **Edit** at the top lets you delete legs; legs always sort by departure time. **Add leg** at the bottom offers **Regular flight**, **Deadhead**, or **Commute**. A trip whose last leg has landed no longer takes new legs; the next pairing is a new trip.



The Flights tab. Legs are listed in order, with the ground time between them.

## Adding or editing a leg

- **Regular / Deadhead / Commute** at the top sets the kind of leg. A regular leg is one you operate. A deadhead is a passenger leg that is part of the trip and counts as duty. A commute is your own ride between home and base.

- **Flight number** is optional and only labels the card.
- **From** and **To** open an airport picker. The time zone comes with the airport.
- **Departs (local)** and **Arrives (local)** are in the local time at each end. **Flight time** is worked out for you; if it looks wrong, one of the dates is. Fixing the departure keeps the arrival you entered, unless the flight would then end before it starts or run longer than 24 hours; then the arrival moves with it.

The screenshot shows a mobile app interface for adding a flight leg. The title is "Add flight leg". There are three tabs: "Regular" (selected), "Deadhead", and "Commute". The form fields are as follows:

- Flight:** UA869
- From:** LAX · Los Angeles
- Departs (local):** Sep 2, 2026, 13:30
- To:** HKG · Hong Kong
- Arrives (local):** Sep 3, 2026, 19:00
- Flight time:** 14h 30m
- Crew:** Crew rest

At the bottom, there is a navigation bar with four icons: "Now", "Trip", "Flights" (selected), and "Settings".

The leg form: kind, flight number, airports, and local times.

- **Crew size:** 2 is unaugmented, 3 or 4 is augmented with a bunk break. Until you set it, the form starts from block time: 3 pilots at 8 hours or more, 4 at 12 or more. Check it on every leg; it changes per leg.
- **Crew rest** is the rest facility on the airplane: a bunk separate from the cabin, a lie-flat seat behind a curtain, or a reclining seat in the cabin. It sets how much of your break the plan credits as sleep.
- **Which break do you hold?** appears on an augmented leg: **First** or **Last** on a 4-pilot crew, **First**, **Middle**, or **Last** on 3. On your first augmented leg nothing is selected until you answer; later legs start from your last answer. First break means the plan tells you to stay up before report so you can sleep in the bunk; last break means you fly first and sleep later. Until you pick, the form says so and the plan carries no bunk rest on the leg.
- You can change the break on the Trip tab, under the flight, and report how long you were in the bunk there once you are airborne. See Flight cards and the bunk.

<

Add flight leg

Regular

Deadhead

Commute

Flight

UA869

From

LAX · Los Angeles

Departs (local)

9/16/26

13:30

To

HKG · Hong Kong

Arrives (local)

Sep 17, 2026

19:00

Flight time

14h 30m

Crew

Crew size

4

Crew rest

Bunk, separate from the cabin — Class 1

First

Last

You can change the break on the Schedule, under this flight, and report how long you were in the bunk there once you are airborne.

Now

Trip

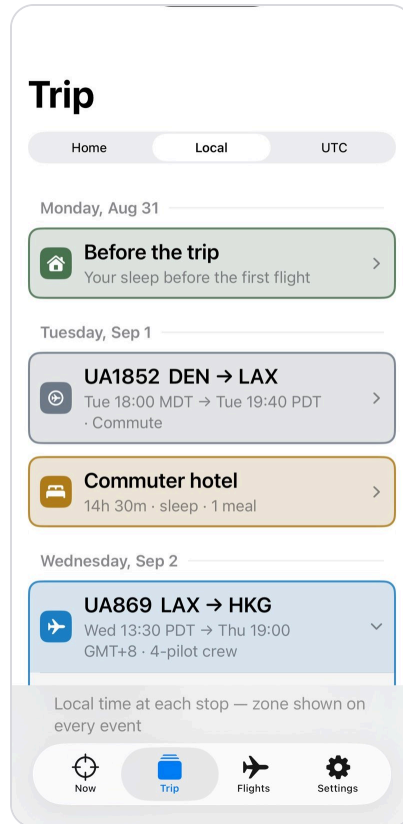
Flights

Settings

The Crew section on an operated leg.

# Trip tab

The whole plan, card by card. Log what you actually got here and the plan re-times what follows.

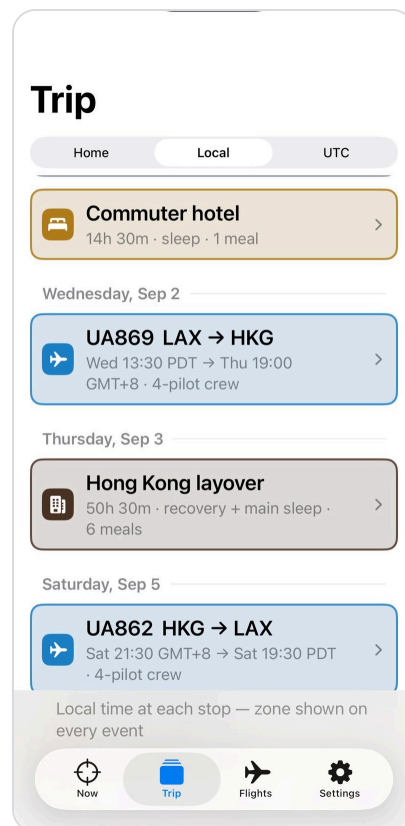


The Trip tab. Cards are grouped by day and colored by kind.

## Reading the schedule

- **Home / Local / UTC** at the top chooses the clock every time is shown in. Local is the time at each stop, with the zone printed on every event.
- Each day has a heading. Under it, one card per phase of the trip.
- Tap a card to open it. Tap the header again to close it.

| Card                       | What it is                                                                                                 |
|----------------------------|------------------------------------------------------------------------------------------------------------|
| <b>Before the trip</b>     | Your sleep at home before the first flight.                                                                |
| <b>Commute or Deadhead</b> | A leg you ride in the back. Grey, with the kind printed under the times.                                   |
| <b>Commuter hotel</b>      | A hotel night at base between a commute in and your first operated leg.                                    |
| Flight (blue)              | A leg you operate, with your bunk break if the leg is augmented.                                           |
| <b>... layover</b>         | The ground time between operated legs, named for the city.                                                 |
| <b>... sit</b>             | A short ground stop, too short for a hotel. If there is room for a nap the card asks whether you took one. |
| <b>Recovery at home</b>    | After the last landing, how to get back onto your own clock.                                               |

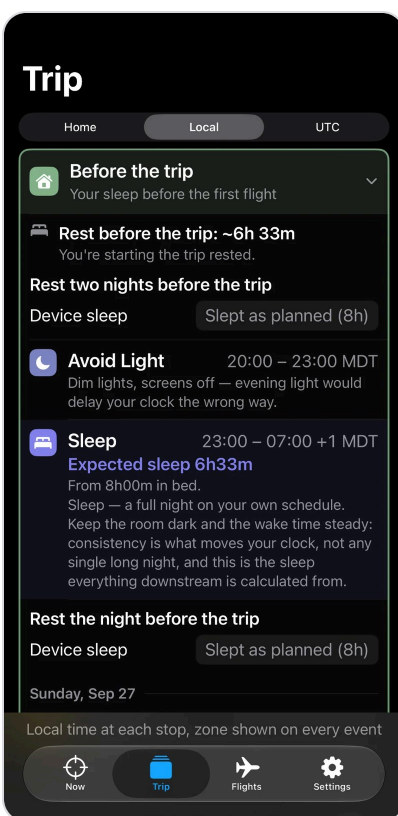


Commute, commuter hotel, flight, and layover cards, collapsed.

## Before the trip

- **Rest before the trip** is the sleep the plan expects you to arrive at your first report with.
- The card asks for the two nights before your first duty. **Rest two nights before the trip** is at the top of the card. **Rest the night before the trip** sits under that night's sleep, the same way every sleep on every card has its entry right under it. Each shows its figure in blue, reading **as planned** until you log it; tap it to enter the night on the wheel, and for last night the time you woke. **Clear entry** puts it back to the plan. With a commuter hotel the card asks for the night before your commute instead, and the hotel card asks for the hotel night. Once logged, the plan starts from what you actually got.

- The card lists only your sleep and your light windows at home, each sleep with a time span and a sleep figure: **Expected sleep** before you log it, **Calculated sleep** once you enter time in bed, or **Logged sleep** once you enter what your device recorded. Expected and calculated sleep are always less than time in bed; that is normal. Meals, exercise and caffeine at home are your own routine: they stay in the plan and on the Now tab, but not on this card.
- At the foot of the card, **Napped before your first flight** logs a nap with the same wheel as the sleep pickers, hours and minutes in 5-minute steps, up to 4h30. It asks how long you were asleep, the nap itself rather than time lying down, whether or not you use a sleep tracking device. When the plan reads you past the FAA line at pushback for the first flight, a note under the toggle says so and names the flight. Log the nap and the note updates or clears.
- When the readiness check for the first flight falls on this card, it sits last, right under the nap toggle. On a trip that starts with a commute it sits on the card that holds your report time instead.
- If you have not set your home-to-airport time in Settings, the card says so and uses a placeholder for when you leave the house.

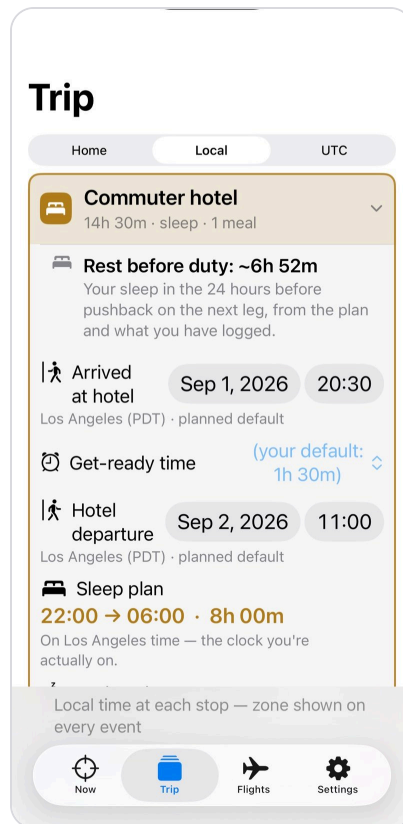


Before the trip: the rest you start with, and the plan for your last night at home.

## Commuter hotel

- This card appears only when a commute lands you at base and you answered yes to **Commuter hotel before this trip?** on the Flights tab. A deadhead does not create one; a deadhead is duty and the stop after it is a layover.
- **Rest before duty** is your sleep in the 24 hours before pushback on the next leg, from the plan and anything you have logged.
- **Arrived at hotel** and **Hotel departure** are shown with a planned default until you enter the real times. Enter them; the plan's night depends on them.

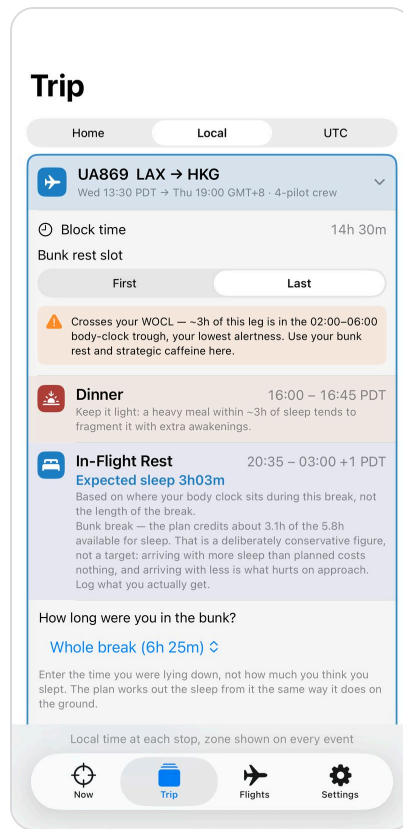
- **Get-ready time** is how long you need between waking and walking out. It starts from your default in Settings and can be changed here for this stay only.
- **Sleep plan** is the night the plan wants, on the clock you are actually on.



The Commuter hotel card. Times marked "planned default" are placeholders until you set them.

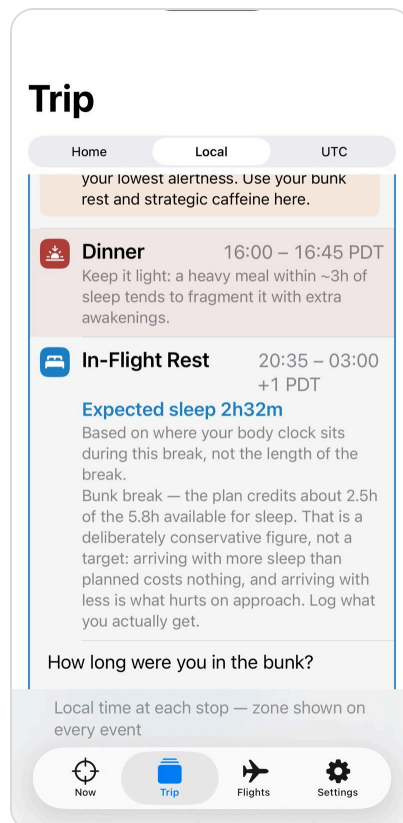
## Flight cards and the bunk

- **Block time** is the scheduled flight time.
- **Bunk rest slot** is which break you take: **First**, **Middle**, or **Last**. It is what decides where your bunk break falls on your body clock.
- Until you have answered, the card asks **Which break do you hold?** instead and says what the plan is doing meanwhile. Readiness at report is read off your answer: first break, the plan tells you to stay up before report; last break, you fly first and sleep later.
- The orange **Crosses your WOCL** box appears when 20 minutes or more of the leg falls in your 02:00 to 06:00 body clock trough. It tells you how much of the leg is in it.



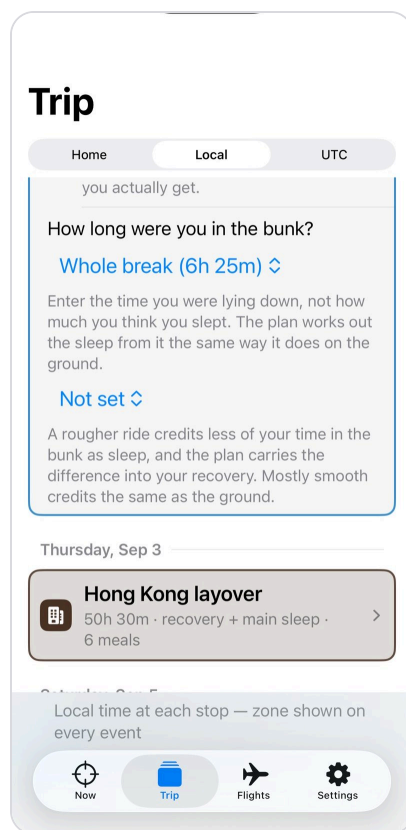
A flight card: block time, your bunk rest slot, and the WOCL warning.

- Meals on the leg are planned around your sleep, with a note on what to favor.
- **In-Flight Rest** is your bunk break. The **Expected sleep** under it is deliberately conservative: it is what pilots on the whole report getting from a bunk at that point on the body clock. Arriving with more than planned costs nothing.



The In-Flight Rest event. Expected sleep depends on where your body clock sits during the break, not on how long the break is.

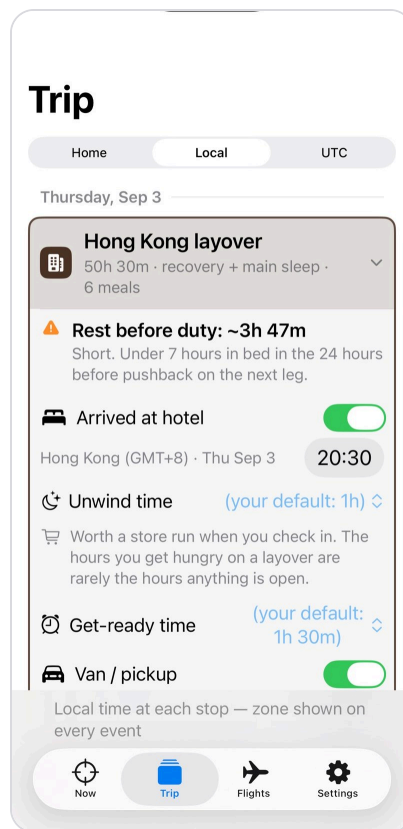
- **How long were you in the bunk?** Enter the time you were lying down, not how much you think you slept. The plan works out the sleep from it the same way it does on the ground. **Whole break** is the default. With **Sleep tracking device** on in Settings the row asks instead how much sleep your device said you got in the bunk, the default reads **Slept as planned**, and the plan credits exactly that.
- The picker under it asks how the ride was: **Mostly smooth, slept right through, Occasional bumps, woke a few times, Intermittent bumps, kept waking me, or Turbulent most of the break, didn't sleep much.** A rougher ride credits less of your bunk time as sleep, and the plan carries the difference into your recovery. With a device report the ride is kept as a record and does not change the credit.



After the break: how long you were in the bunk, and how the ride was.

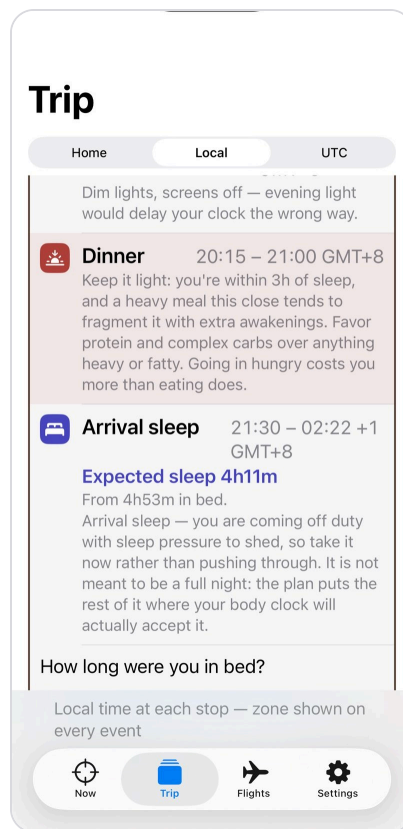
## Layover cards

- **Rest before duty** is your sleep in the 24 hours before pushback on the next leg you operate; a layover before a deadhead or your commute home has no report to rest for and shows none. A warning triangle and the word **Short** appear when it is under 7 hours in bed.
- **Arrived at hotel:** switch it on and enter the time you got to the room. Until you do, the plan estimates it from your landing time.
- **Unwind time** is how long you need after arriving before you can sleep. **Get-ready time** is how long you need before the van. Both start from your defaults in Settings and can be changed for this layover only.
- **Van / pickup:** usually already on, with a placeholder pickup time for the next leg. Enter the real one. It is the anchor the pre-duty sleep is built back from.
- The store-run note is a reminder that the hours you will be hungry are rarely the hours anything is open.



A layover card. The inputs at the top are what the plan builds the layover around.

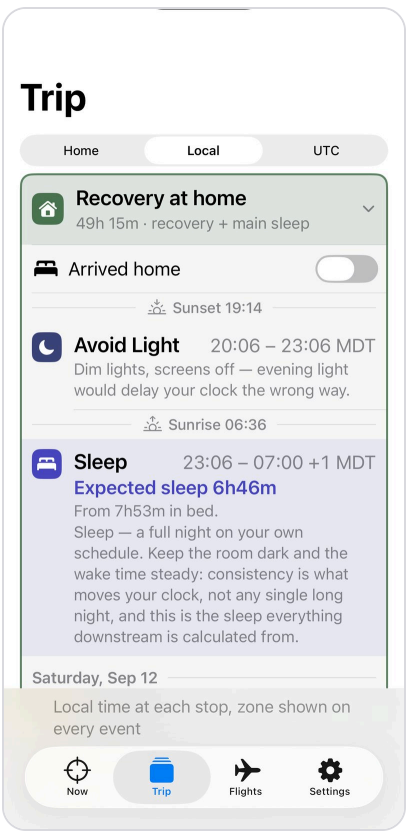
- The layover's sleep comes as separate blocks: an **Arrival sleep** to shed the pressure you land with, on a long layover a middle **Sleep**, and the **Sleep before report** block. Each shows **Expected sleep** and the time in bed it comes from, with a sentence on why it is placed where it is.
- **How long were you in bed?** sits under each block (with a sleep tracker, how much sleep your device said you got). Report each block on its own. **Woke at** shows the time the plan has you up. Leave it and the plan takes it as you got up when planned; set it and the block is laid back from that time, bounded only by when you reached the hotel. **Didn't sleep** under the wheel takes the block off the plan. A wheel closes when you tap anywhere else on the card and keeps what you dialed.
- A **Didn't sleep** answer stays on the card at the time of the block it removed, with a **Clear this report** button that puts the block back. Nothing you entered disappears silently.
- When what you reported leaves no sleep that fits before get-ready, the card says **No sleep expected before report** in the timeline, where the block would have been, with the same picker under it in case you do sleep.
- Every layover card has an **Adaptation** switch: **Hold home time** or **Adapt to local**. Hold home time is the default and the plan's own position; almost every layover is too short to adapt, and a half-shifted body pays for it on the flight home. Switch to Adapt to local only for a long stay. The sentence beside the switch says how far adapting would actually move your clock, for example 1.6 hours of a 10 hour shift.



Each sleep on the layover has its own Expected sleep and its own report.

## Recovery at home

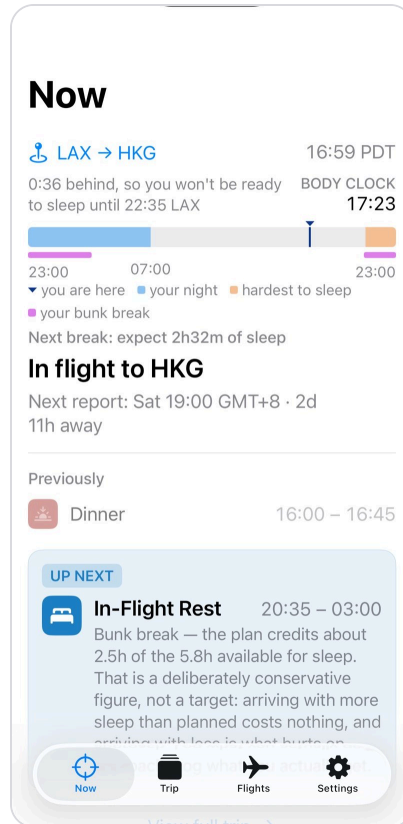
- The card starts when you are through the door, using your home-to-airport time from Settings if you set it.  
**Arrived home:** switch it on and enter the real time once you are in.
- If you get home within about six hours of your usual bedtime, the plan skips the evening nap and lets you go to bed up to an hour early instead.
- The card takes no sleep entries: it is the plan for your nights at home, and it converges on your habitual bedtime over the following nights.
- The card lists your sleep, your light windows, and any caffeine or melatonin the plan places. Meals and exercise at home are your own routine: they stay in the plan and on the Now tab, but not on this card.



Recovery at home: the plan's route back to your own clock after the last landing.

# Now tab

Where your body clock is right now, and what comes next. This is the tab to live on during the trip.



The Now tab in flight: the body clock line, the colored bar, the current phase, and the next events.

## The body clock line

- **Where you are.** The city or leg at the top, with the local clock beside it.
- **Your phone agrees** means your phone's clock matches the plan's idea of where you are. If it does not, the line names the zone your phone is on.
- **BODY CLOCK** is the time your body thinks it is. The sentence beside it says how far behind or ahead of home you are, and when you will next be ready to sleep.

## The colored bar

The bar is one full day on your body clock, from bedtime on the left to bedtime on the right, with your wake time about a third of the way across.

- ■ **your night** is where your body expects to sleep.
- ■ **hardest to sleep** is the evening zone where your body resists sleep, even when you are tired.
- **you are here** is the dark marker. Watch it move relative to the blue and orange as the trip goes on.
- ■ **your bunk break** appears under the bar on an augmented leg, so you can see where the break falls on your body clock. Below it, **Next break: expect ...** is the sleep the plan credits for that break, or **expect little to no sleep** when the break sits at your body's daily peak. While you are in the break it reads **This break**.

## What is happening now, and what is coming up

- The heading names your phase: **In flight to ...**, **You're on your ... layover**, **At your commuter hotel**, or **Recovery at home**. Before the trip it counts down instead: **Your trip is in N days**, **Your trip is tomorrow**, **Your trip starts soon**. Under it, **Next report** counts down to your next duty.
- **NOW** is the event you are in the middle of, with its advice.
- **COMING UP** is the next event. Under it, **Later on this layover** (or flight, or your trip) lists the few after that. Tap **NOW** or **COMING UP** to open it on the Trip tab.
- Between events the tab shows **Previously**, the event that just ended, and **UP NEXT**, the one about to start.
- **View full trip** opens the whole schedule.
- With no trip entered, the tab offers **Add flights**.

# Logging what you actually got

The plan is a forecast. What you log is the truth it re-plans from. A few rules make it work.

- **Enter time in bed, not sleep.** With **Sleep tracking device** off in Settings, every picker asks how long you were lying down and the plan works out the sleep from that, the same way everywhere. With it on, every picker, the bunk included, asks how much sleep your device said you got and the plan credits exactly that.
- **Report each block on its own.** The arrival sleep, any middle sleep, the sleep before report, and the bunk each have their own picker. Reporting one moves what follows it, not what came before.
- **A zero counts. Didn't sleep** under the wheel says so. The plan takes the block off, reads the time as awake, and re-times what follows.
- **More than planned is honored.** A night longer than the plan is credited in full.
- **Woke at is the second end of every report.** Leave it where the plan put it and the plan takes it as you got up when planned; set it and the block is laid back from that time.
- **The bunk has one extra question.** How the ride was. Say so honestly; a rough ride is why a long break can yield little.

# What the numbers mean

| Term                 | Meaning                                                                                                                                 |
|----------------------|-----------------------------------------------------------------------------------------------------------------------------------------|
| Expected sleep       | The sleep the plan forecasts for a block, from the time in bed and where your body clock sits. It is always less than time in bed.      |
| Calculated sleep     | The sleep the plan credits once you have entered time in bed for the block: that time at your age's efficiency, and the ride in a bunk. |
| Logged sleep         | The sleep your device recorded, entered with the sleep tracking device setting on and credited as it is.                                |
| Rest before duty     | Your sleep in the 24 hours before pushback on the next leg. Under 7 hours in bed is flagged as short.                                   |
| Rest before the trip | The same figure for your first report, from your night at home or at the commuter hotel.                                                |
| Body clock           | The time your body thinks it is. It drifts toward local time slowly, at a rate the plan models.                                         |
| WOCL                 | The window of circadian low, 02:00 to 06:00 on your body clock. Your lowest alertness, and the hardest place to be at the controls.     |
| Hardest to sleep     | The evening zone on your body clock where sleep is unlikely even when you are tired. The orange part of the bar.                        |
| Bunk rest slot       | Which break you take on an augmented leg. First, Middle, or Last.                                                                       |
| Planned default      | A time the plan filled in because you have not. Replace it with the real one when you know it.                                          |