



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.

1. [Getting started: fill in Settings first](#)
2. [Settings tab](#)
3. [Flights tab](#)
 - [Your flight list](#)
 - [Adding or editing a leg](#)
4. [Trip tab](#)
 - [Reading the schedule](#)
 - [Before the trip](#)
 - [Commuter hotel](#)
 - [Flight cards and the bunk](#)
 - [Layover cards](#)
 - [Recovery at home](#)
5. [Now tab](#)
 - [The body clock line](#)
 - [The colored bar](#)
 - [What is happening now, and what is coming up](#)
6. [Logging what you actually got](#)
7. [What the numbers mean](#)

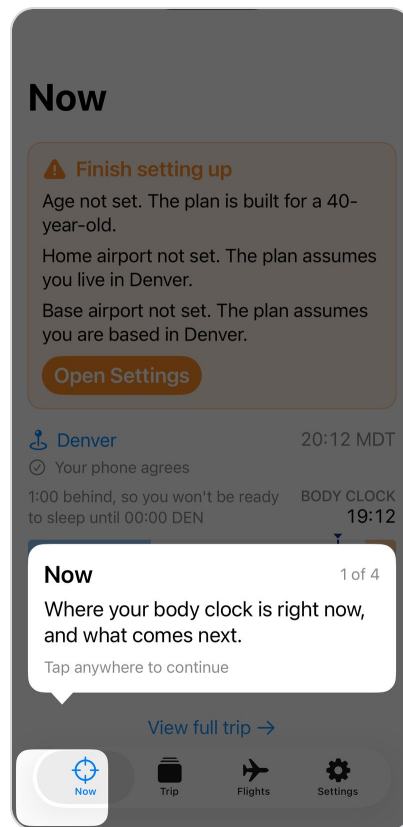
Getting started: fill in Settings first

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, a short tour points at each tab and then lands you on Settings. 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 readiness at report. Everything else is planned for you.
3. **Now.** During the trip, this is the tab to live on. Log your sleep as you go 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 unlock or restore a purchase.

Settings tab

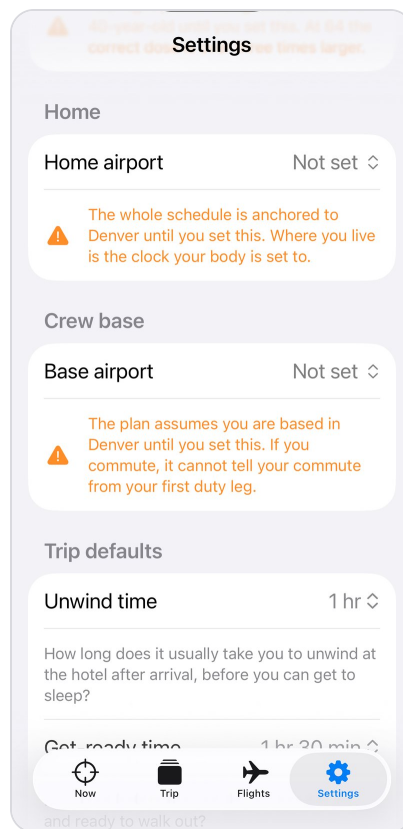
Your age, your normal night, home, and base. Fill this in first. Every number on every card depends on it. The page reads top to bottom in the order that matters: you, your home clock, your base, then the defaults every trip starts from.

- **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.

The screenshot shows the 'Settings' screen of an app. At the top, there's a title 'Settings' and a link 'About Zeitfarer'. Below this is a section titled 'Pilot' with a subtitle 'How the plan is built, and the circadian science behind it.' Under 'Pilot', there's a 'Name' field, 'Typical bedtime' set to '23:00', 'Typical wake time' set to '07:00', and 'Typical sleep' set to '8h'. Below these is an 'Age' field with a 'Not set' status and a dropdown arrow. An orange warning message states: 'Your light plan is being calculated for a 40-year-old until you set this. At 64 the correct dose is over three times larger.' Below the warning is a 'Sleep tracking device' toggle switch, which is currently off. A descriptive text explains that the app uses sleep tracking devices like Oura Ring or Apple Watch to measure sleep, or estimates it from time in bed if the device is off. At the bottom, there's a 'Home' section with a 'Now' button and a 'Trip' button. A footer note says: 'This is where you live in the clock: your body is set to.' The bottom navigation bar includes icons for 'Now', 'Trip', 'Flights', and 'Settings'.

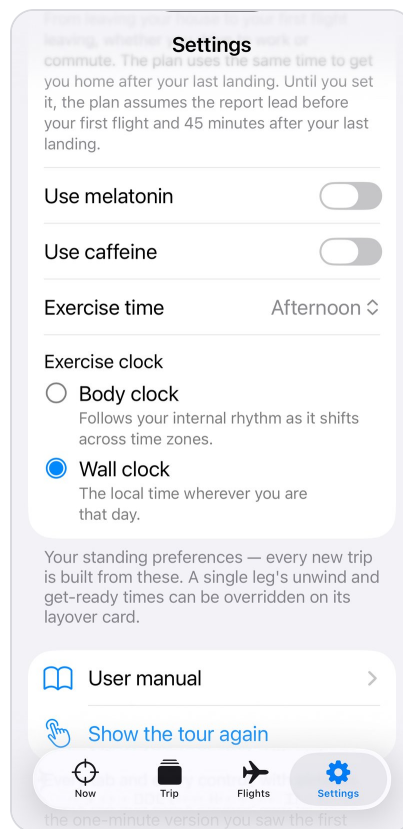
Pilot: name, typical sleep, age, and the sleep tracking device switch. The tour lands here, on the first empty field.

- **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.



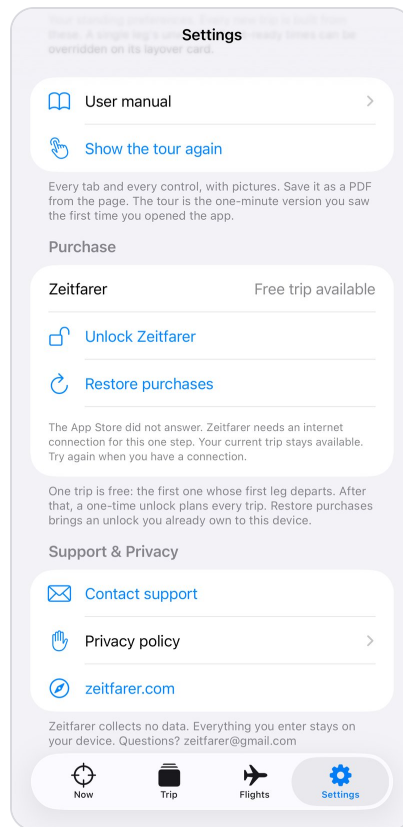
Home and Crew base show Not set, with an orange note on what the plan assumes, until you pick.

- 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, or the hours you will have been awake. On a middle or last break it can come after your 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. **Save as PDF** at the top puts a 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. The section appears on App Store copies only; a TestFlight build has no Purchase section.
- **Support & Privacy**: contact support, the privacy policy, and the website. Zeitfarer collects no data.



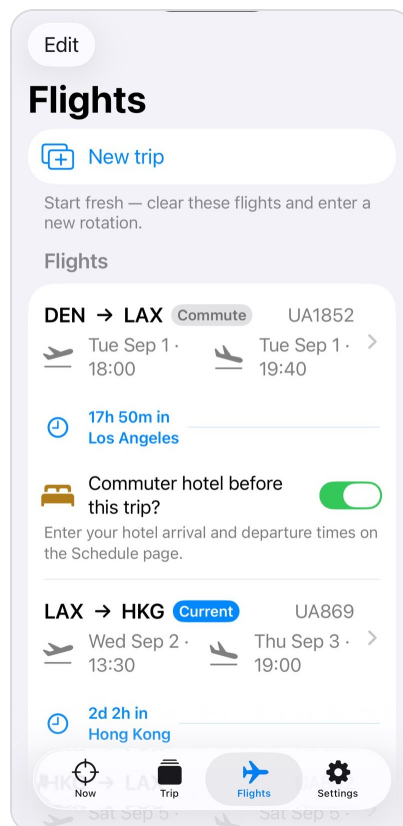
The manual, the tour, Purchase, and support. With no connection, the Purchase section says so.

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 rotation. 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. A TestFlight build is a beta and has no trip limit.
- 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?** appears after a commute that lands at base. Switch it on if you take a hotel there; the Trip tab then shows a Commuter hotel card.
- Tap a row to open the leg. **Edit** at the top lets you reorder or delete legs. **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.

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

- **Crew size:** 2 is unaugmented, 3 or 4 is augmented with a bunk break. The plan never guesses this; it changes per leg.
- **Crew rest** is the rest facility on the airplane, from a hotel-grade bunk down to a seat. 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. Nothing is selected until you 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

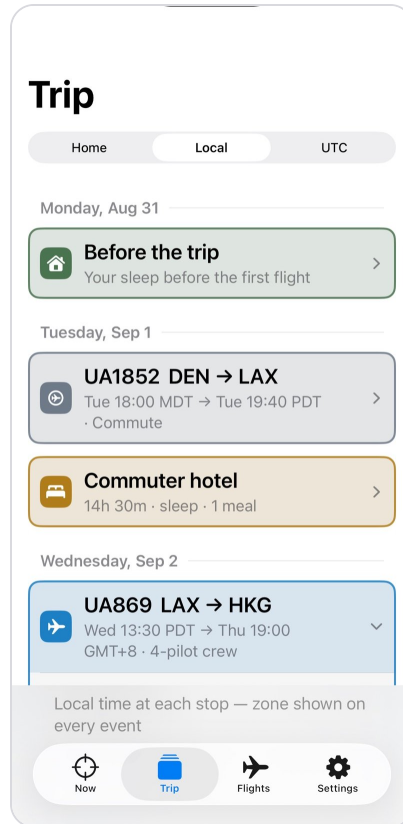
Flights

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.

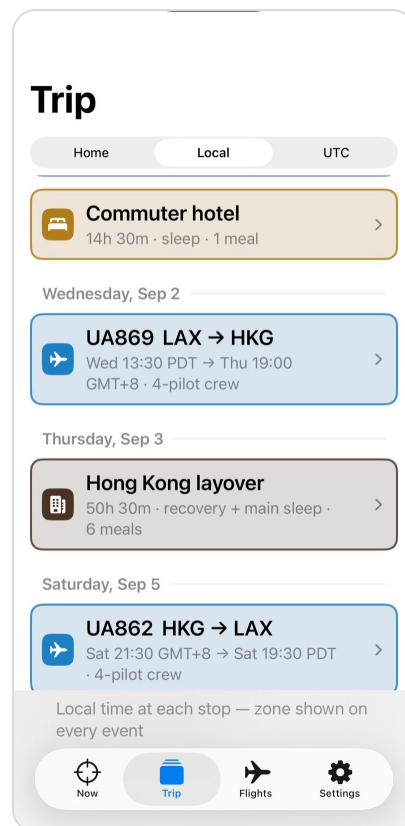


The Trip tab. Cards are grouped by day and colored by kind.

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
Before the trip	Your sleep at home before the first flight.
Commute or Deadhead	A leg you ride in the back. Grey, with the kind printed under the times.
Commuter hotel	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.
... layover	The ground time between operated legs, named for the city.
... sit	A short ground stop, too short for a hotel. If there is room for a nap the card asks whether you took one.
Recovery at home	After the last landing, how to get back onto your own clock.

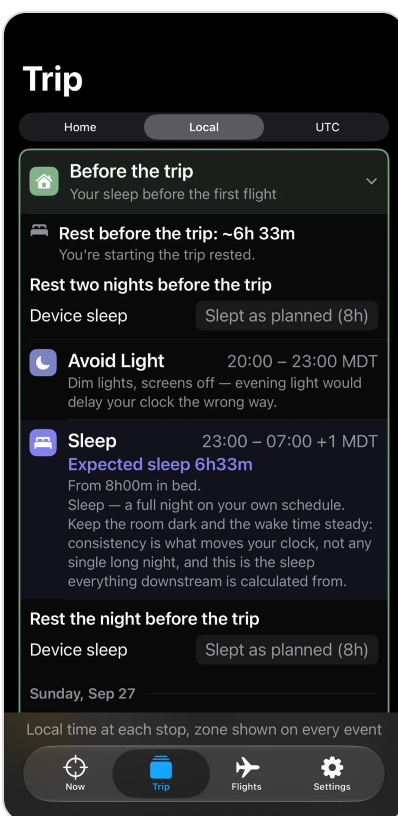


Commute, commuter hotel, flight, and layover cards, collapsed.

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 has an **As planned** switch; turn it off to enter the night on the wheel, and for last night the time you woke. 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.

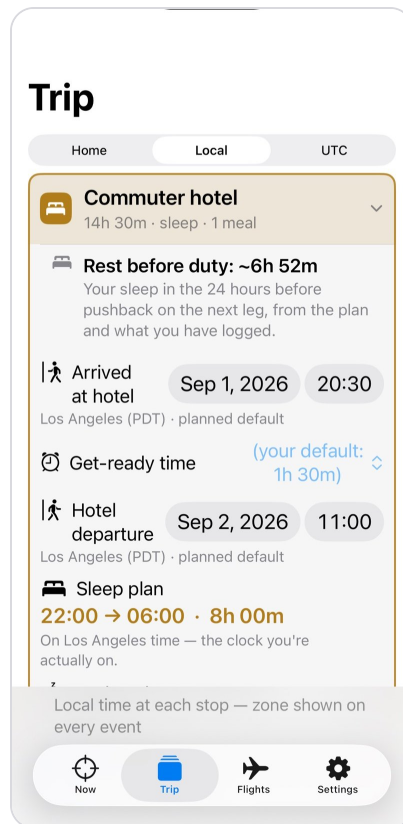


Before the trip: the rest you start with, and the plan for your last night at home.

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.

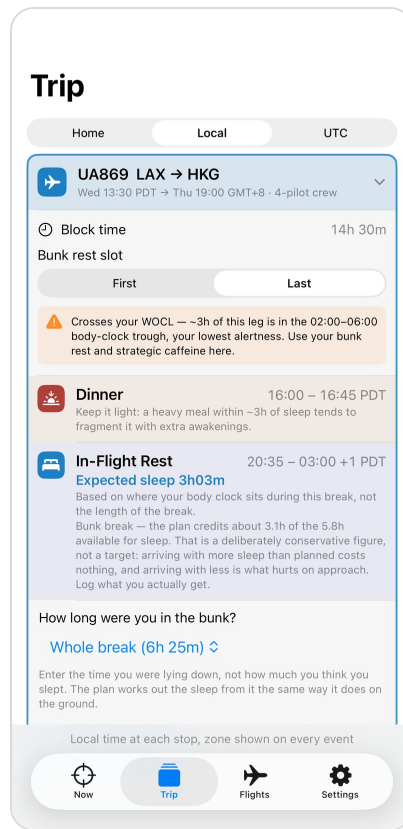
- **Get-ready time** is how long you need between waking and walking out. It starts from your default in Settings and can be changed here for this stay only.
- **Sleep plan** is the night the plan wants, on the clock you are actually on.



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

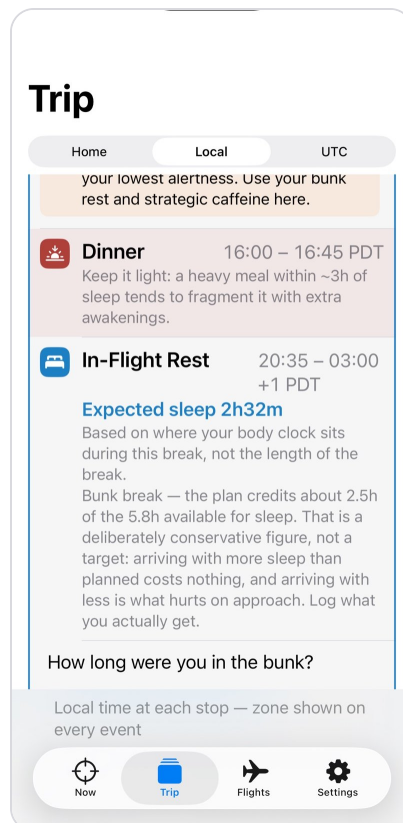
Flight cards and the bunk

- **Block time** is the scheduled flight time.
- **Bunk rest slot** is which break you take: **First** 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 part 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.



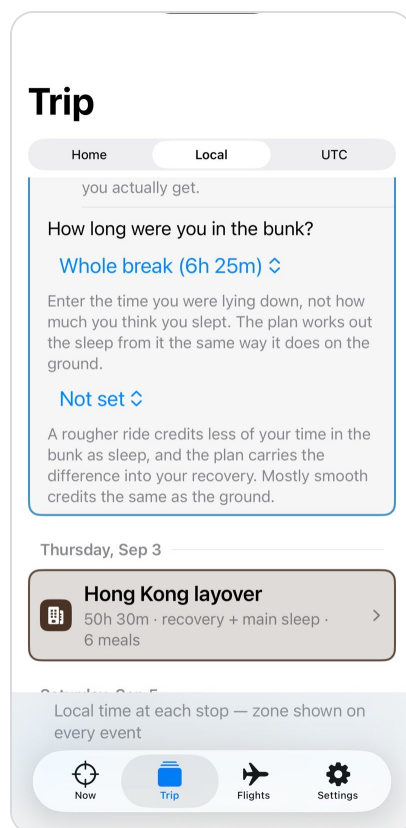
A flight card: block time, your bunk rest slot, and the WOCL warning.

- 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.

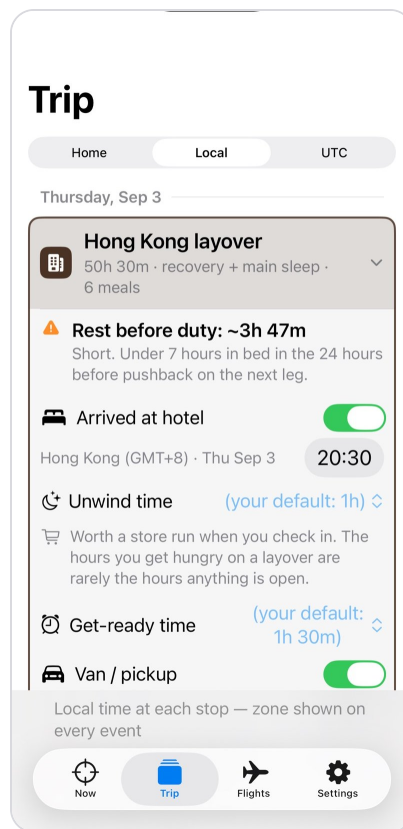
- **How long were you in the bunk?** Enter the time you were lying down, not how much you think you slept. The plan works out the sleep from it the same way it does on the ground. **Whole break** is the default. With **Sleep tracking device** on in Settings the row asks instead how much sleep your device said you got in the bunk, and the plan credits exactly that.
- The picker under it asks how the ride was, from **Mostly smooth, slept right through** to **Turbulent most of the break, didn't sleep much** turbulence. 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.

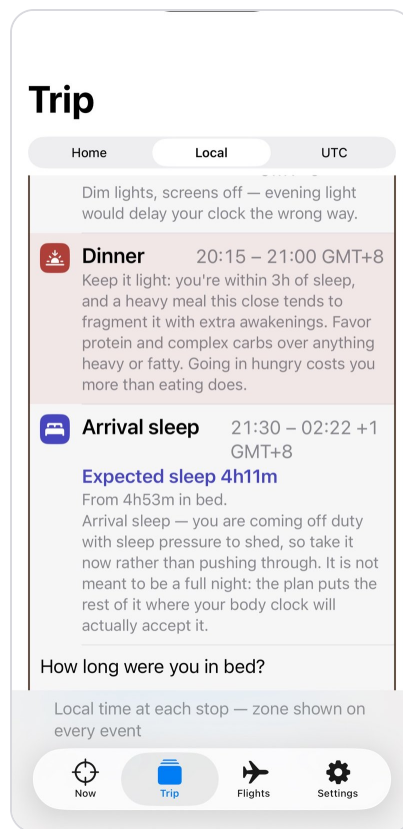
Layover cards

- **Rest before duty** is your sleep in the 24 hours before pushback on the next leg. 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:** switch it on and enter the pickup time for the next leg. 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.

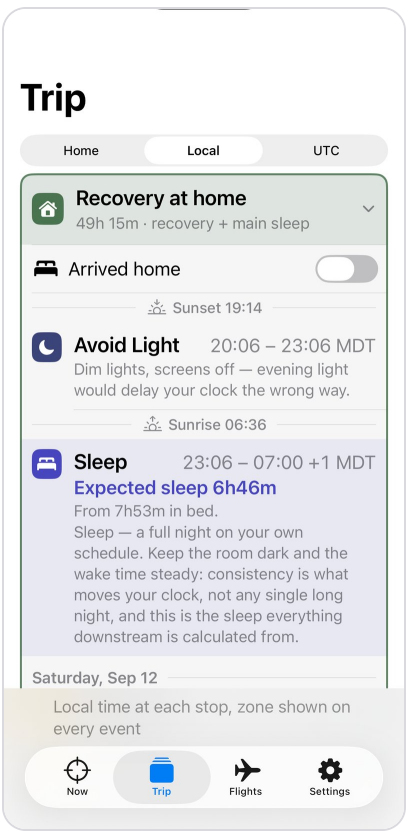
- The layover's sleep comes as separate blocks: an **Arrival sleep** to shed the pressure you land with, and later a main sleep or an **In bed before report** block. Each shows **Expected sleep** and the time in bed it comes from, with a sentence on why it is placed where it is.
- **How long were you in bed?** sits under each block. Report each block on its own. **Woke at** lets you move the end of the block to when you actually got up.
- A report that no longer lines up with any block on the plan is kept and shown with a **Clear this report** button, so nothing you entered disappears silently.
- 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

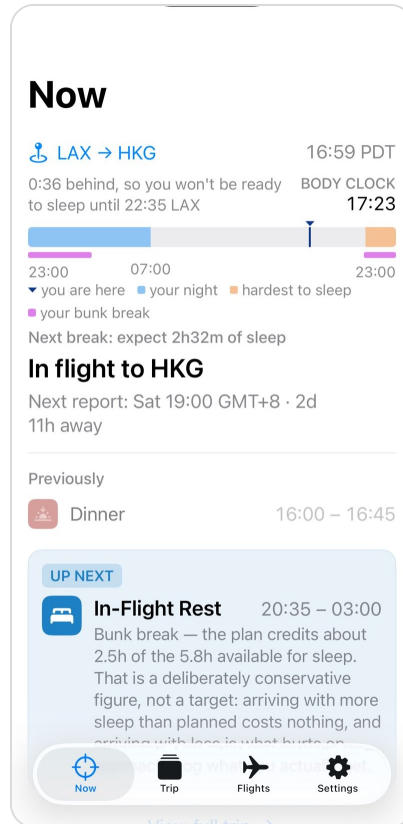
- The card starts when you are through the door, using your home-to-airport time from Settings if you set it. **Arrived home:** switch it on and enter the real time once you are in.
- If you get home within about six hours of your usual bedtime, the plan skips the evening nap and lets you go to bed up to an hour early instead.
- Log the recovery sleeps the same way as on a layover. The plan 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 local 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 morning in the middle.

- **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: **Before your trip**, **In flight to ...**, **You're on your ... layover**, **At your commuter hotel**, or **Recovery at home**. 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** lists the next events in order. Tap one 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, the main sleep, the pre-duty block, and the bunk each have their own picker. Reporting one moves what follows it, not what came before.
- **A zero counts.** If you did not sleep, say so. The plan reads it as time awake and moves your next sleep earlier.
- **More than planned is honored.** A night longer than the plan is credited in full.
- **Use Woke at when the end moved.** If you got up earlier or later than planned, set the time and the block re-times around it.
- **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 or Last.
Planned default	A time the plan filled in because you have not. Replace it with the real one when you know it.