

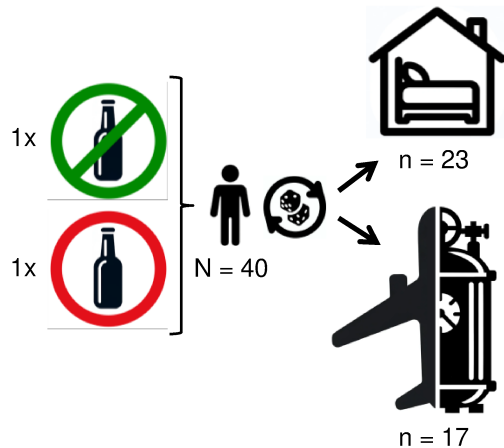
Effects of moderate alcohol consumption and hypobaric hypoxia: implications for passengers' sleep, oxygen saturation, and heart rate on long-haul flights

Trammer RA, et al. *Thorax* 2024. DOI: 10.1136/thorax-2023-220998

STUDY DESIGN

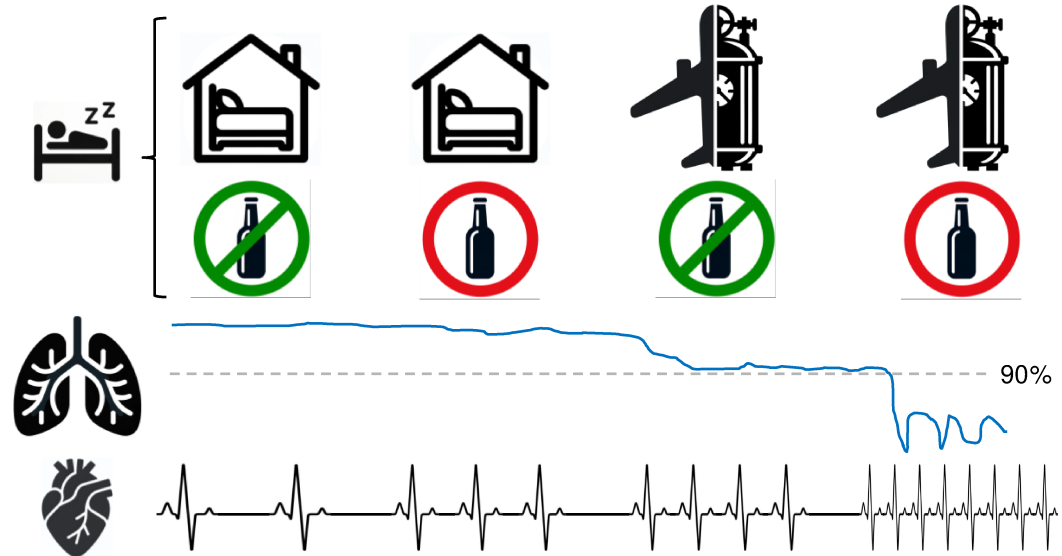
Studying the combined influence of alcohol and hypobaric hypoxia

Two groups compared, both with and without alcohol consumption



RESULTS

The combination of alcohol and inflight hypobaric hypoxia reduced sleep quality, led to extended hypoxemia durations and challenged the cardio-vascular system



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