

"4 Research results

The field study showed an increased probability of high levels of fatigue at Top of Descent -6- (TOD) during night -7- and late finish FDPs compared to the baseline FDP. ...

Footnotes:

6 **Top of Descent** is referring to the computed transition from the cruise phase of a flight to the descent phase, the point at which the planned descent to final approach altitude is initiated.

7 **Night duty** means a duty period encroaching any portion of the period between 2.00 and 4:59 in the time zone to which the crew is acclimatised (ORO.FTL.105 (9). ..."

Source:

Report "Effectiveness of Flight Time Limitation (FTL)", EASA, 2019, page 6

https://www.easa.europa.eu/sites/default/files/dfu/Report%20on%20effectiveness%20of%20FTL_final.pdf