

DUTY-REST

# User Manual

Crew Rest Management for Aviation Professionals

Version 2.0 · May 2026



# Introduction & Overview

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Duty-Rest is an iOS app for aviation crew members — pilots and cabin crew alike — to calculate, manage, and distribute rest time fairly during long-haul and augmented flights. It ensures each team receives an equal share of the available rest window while respecting regulatory buffers around takeoff and landing.

The app supports a simple Quick Mode (number-based teams) and a full Advanced Mode with named crew members, individual roles, and saved crew setups. Flights can be shared between devices, and the rest schedule can be exported as a professional PDF — the Crew Rest Plan.

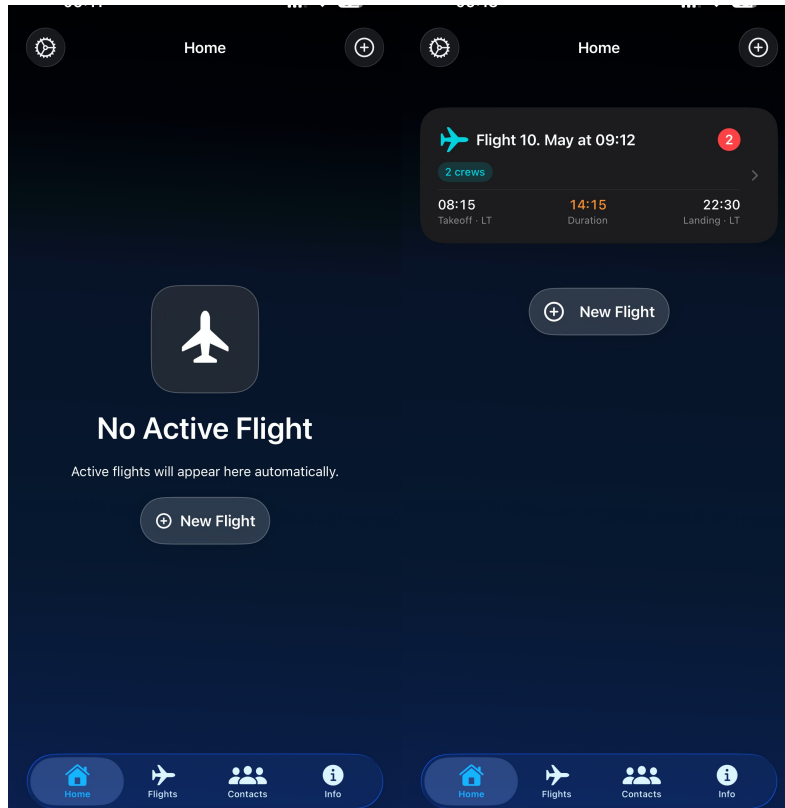
**!** Duty-Rest is a planning tool. It does not replace official airline operations manuals or regulatory requirements. Always verify rest assignments with applicable procedures.

## Key Concepts

<b>Rest Window</b>	The period available for crew rest, defined by Start-after-takeoff and End-before-landing buffers.
<b>Handover Buffer</b>	Mandatory overlap between consecutive rest slots — the relieving crew is briefed before the resting crew takes their break.
<b>Team</b>	A group of crew members who rest together. In Advanced Mode each team has named members with roles. The app distributes the rest window equally across all teams.
<b>Rest Period</b>	How many times a team rests during the flight. Most flights use 1 rest period per team; very long flights may require 2.
<b>Crew Rest Plan</b>	A generated PDF summarising all rest slots, suitable for printing or sharing with the crew.

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## Getting Started – Home Screen



Empty state — no active flight

Active flight card

The **Home** screen is your command centre. When no flight is active it shows a simple empty state with a **New Flight** button. Once a flight is created and its takeoff time is reached, the flight card appears automatically.

The flight card shows flight name/date, Takeoff and Landing times (LT or UTC), duration in amber, and a red badge with the number of pending rest notifications. Tap the card to open the **Rest Time** screen.

### Navigation Bar

**Home** Active flight and quick access to create new flights.

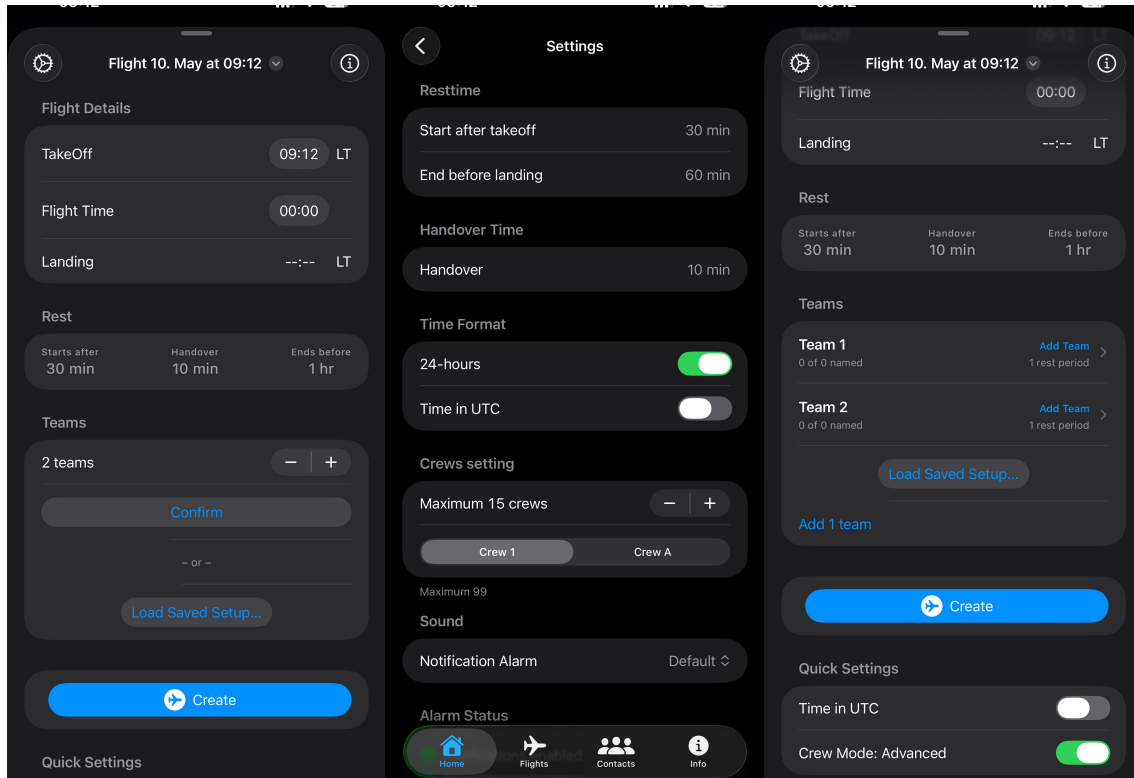
**Flights** Full list — active, upcoming, and finished.

**Contacts** Saved crew members and crew setups.

**Info** Version, subscription status, and support.

# Creating a New Flight

Tap **New Flight** on the Home screen or the **+** icon top-right. A sheet slides up with all flight configuration options.



Flight Details (scrolled)

Simple team mode

Advanced: named teams

## Flight Details

**TakeOff** Departure time — defaults to now. Tap the time badge to edit. Toggle LT/UTC in Quick Settings.

**Flight Time** Total block time in HH:MM. Landing is computed automatically.

**Landing** Calculated from TakeOff + Flight Time. Display only.

## Rest Parameters

These three values define the usable rest window:

**Starts after** Minutes after takeoff before rest can begin (default 30 min).

**Handover** Overlap buffer between consecutive rest slots (default 10 min). Subtracted from each slot.

**Ends before** Minutes before landing when rest must end (default 60 min).

## Teams Setup

Choose how many teams share the rest window. In **Simple Mode** use the **- / +** stepper and tap **Confirm**. In **Advanced Mode** each team is a card — tap it to name members and assign roles.

**S** Tap **Load Saved Setup...** to instantly reuse a previously saved crew configuration — the fastest way to set up a recurring roster.

## Quick Settings

**Time in UTC** When on, all times are shown in UTC. Off = Local Time (LT).

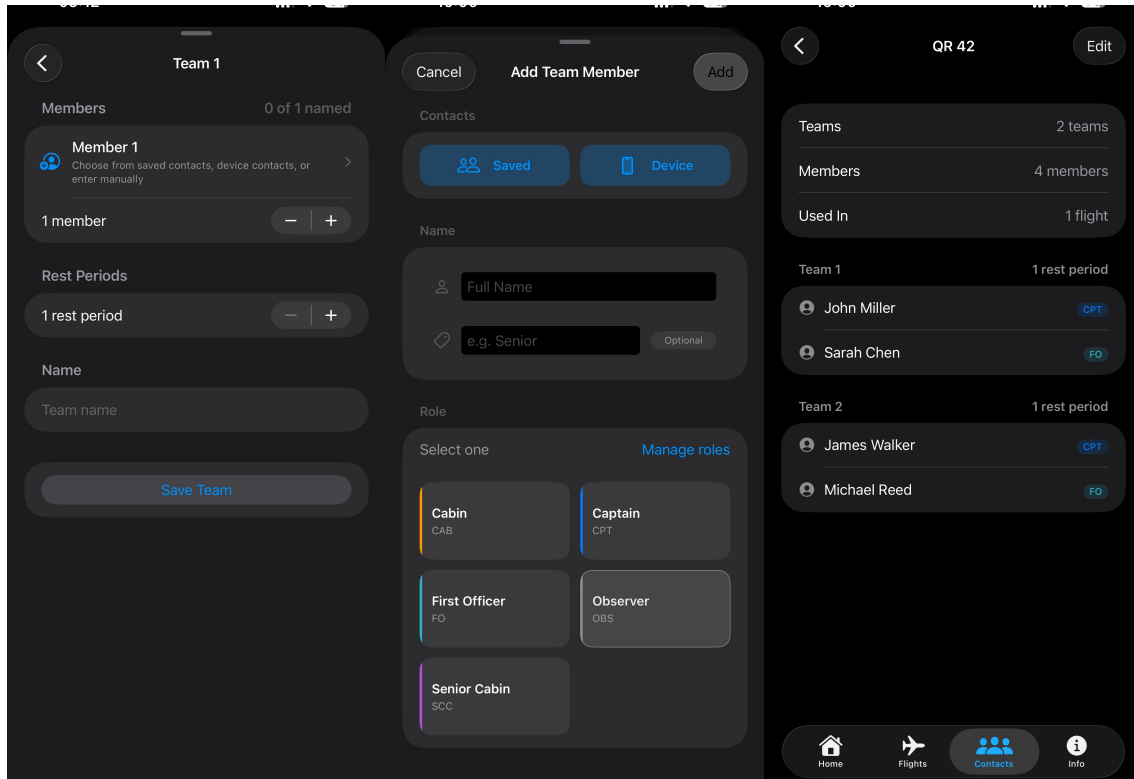
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**Crew Mode: Advanced** Enables named crew members, roles, and team saving. Off = quick anonymous count-only setup.

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When everything is configured, tap the blue **Create** button. The flight is saved and immediately visible on Home and Flights.

# Managing Teams & Crew Members



Team detail screen

Add member &amp; roles

Saved crew detail

## Team Detail Screen

Tap any team card in the New Flight sheet to open the Team Detail screen:

- Add members with the + stepper — each slot shows a placeholder until named.
- Tap a member slot to open **Add Team Member**.
- Set the number of **Rest Periods** for this team (default: 1).
- Give the team a custom **Name** — if the team has exactly one named member, that name is used automatically.
- Tap **Save Team** to store this crew for future reuse.

## Adding a Team Member

The **Add Team Member** sheet offers three ways:

- |               |   |
|---------------|---|
| <b>Saved</b>  | Pick from your Duty-Rest Contacts list.       |
| <b>Device</b> | Import from your iPhone's Contacts app.       |
| <b>Manual</b> | Type a full name and optional label directly. |

## Roles

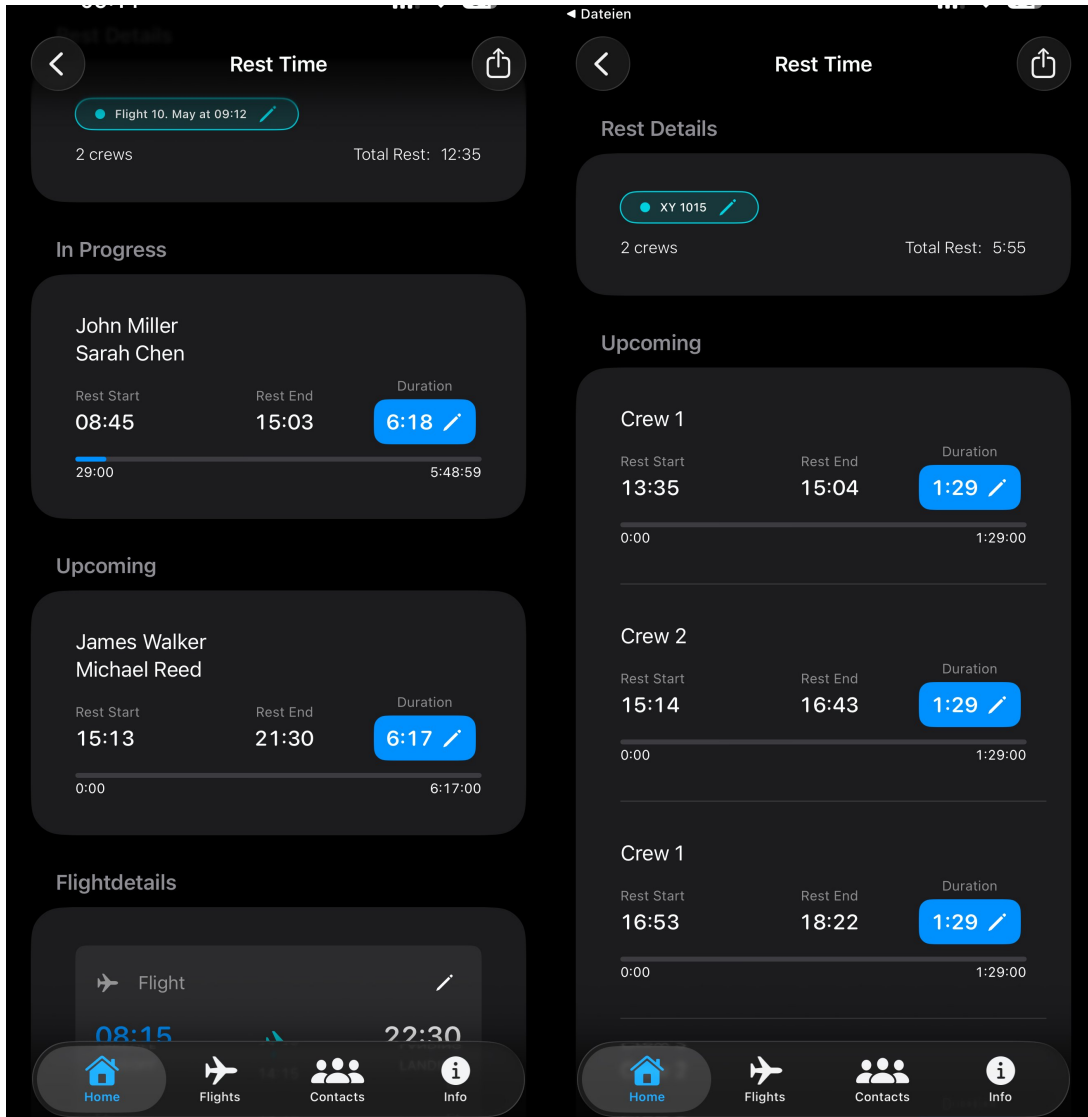
Select a role from the grid. Default roles:

Code	Role	Accent Colour
CPT	Captain	Blue
FO	First Officer	Teal
CAB	Cabin	Amber / Orange
SCC	Senior Cabin Crew	Purple
OBS	Observer	Grey

Tap **Manage roles** in the role picker to create custom roles.

# Rest Time Screen

The Rest Time screen is the operational heart of Duty-Rest. Tap a flight card on Home to open it. The screen shows the live rest schedule in real time.



In Progress — active rest

Multiple upcoming slots

## Rest Details (top card)

Shows the flight name (editable via the pencil icon), crew count, and **Total Rest** time available.

## In Progress

The currently resting team is shown at the top with Rest Start and Rest End times, a duration badge (tap to adjust), and a live progress bar that counts down remaining rest time.

## Upcoming

All future rest slots are listed in sequence below, each with Start/End times and duration.

**T** The progress bar updates every second — left value is elapsed, right value is total duration.

## Adjusting Rest Duration

Tap the amber/blue **duration badge** on any slot to override that slot's duration. The remaining time for other teams is recalculated automatically to keep the schedule consistent.

## Flight Details Section

Scroll down on the Rest Time screen to see Takeoff/Landing times and a pencil icon to rename the flight. The **share button** (↑ top-right) opens the Crew Rest Plan export.

# Flights List

Tap the **Flights** tab to see all flights in three sections:

**Active** — flights currently in progress (between T/O and LDG).

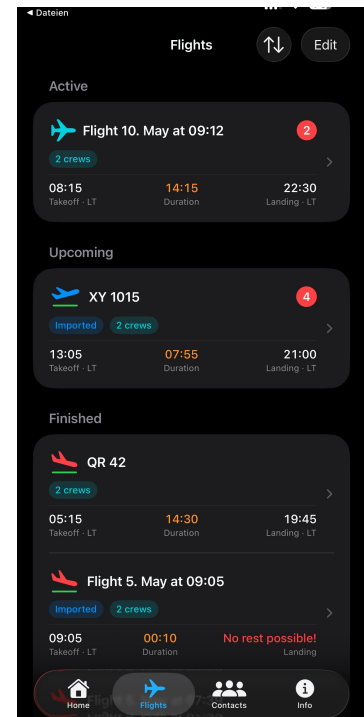
**Upcoming** — takeoff is in the future; includes imported flights.

**Finished** — past their landing time.

Each card shows flight name, crew count, Takeoff/Landing times, duration (amber), and status badges such as **Imported**.

Flights too short for any rest show **No rest possible!** in red instead of a landing time.

Use **Edit** to delete flights. The  button toggles sort order between chronological and reverse.



Active / Upcoming / Finished

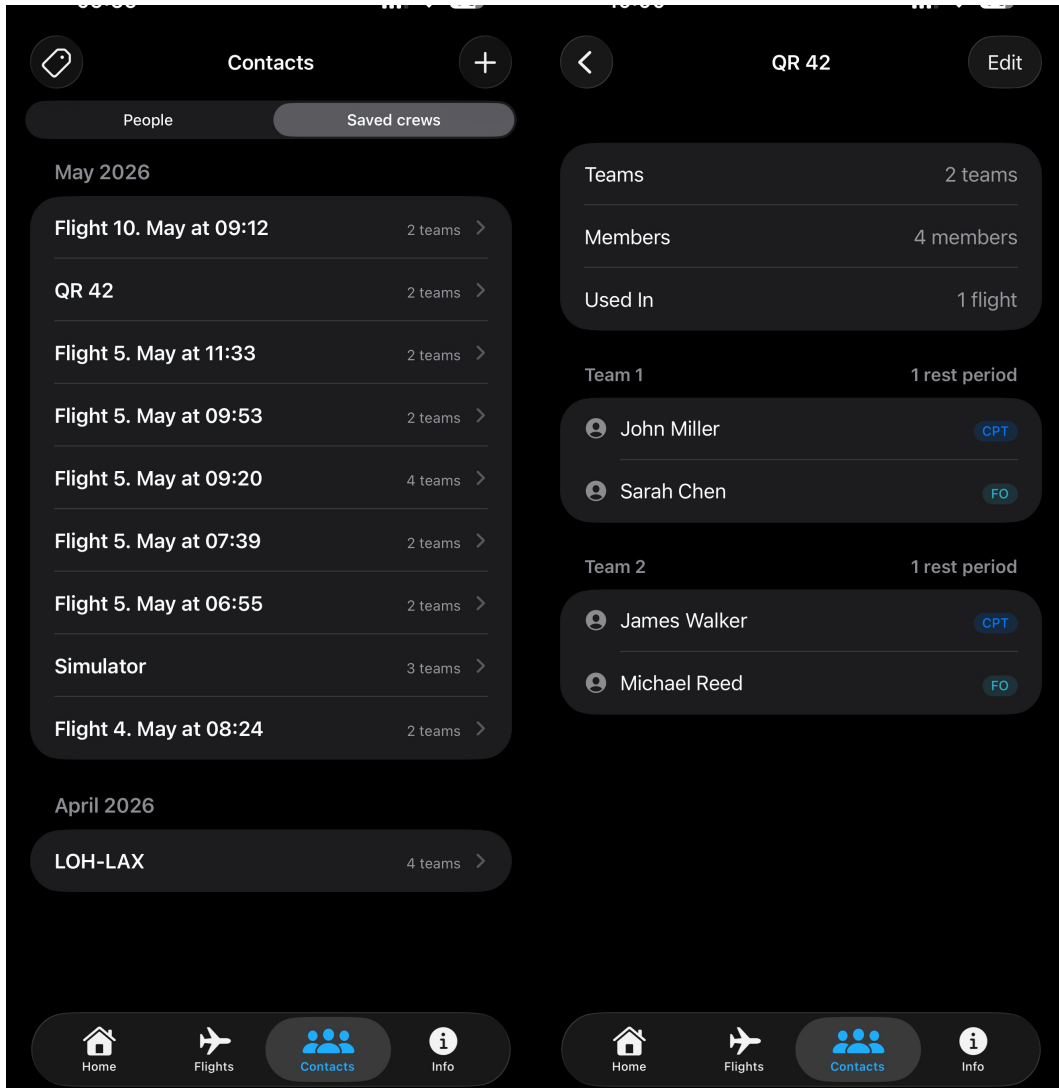
## Status Indicators

<b>Teal plane icon</b>	Active flight — currently in progress.
<b>Green arrow up</b>	Upcoming flight — takeoff still in the future.
<b>Red arrow down</b>	Finished flight — landing time has passed.
<b>Imported badge</b>	Flight was received from another device via a .dutyrestflight file.
<b>No rest possible!</b>	Flight duration is too short for any crew rest slot (red text).

- i** The active flight is always shown first regardless of sort order, so it remains accessible with one tap from the Flights tab.

# Contacts & Saved Crews

The **Contacts** tab has two sections selectable via the segmented control at the top:



Saved Crews list

Crew detail view

## People

A personal address book of individual crew members. New entries are created automatically when you name a team member and tap **Save Team**. Add people manually with the **+** button.

## Saved Crews

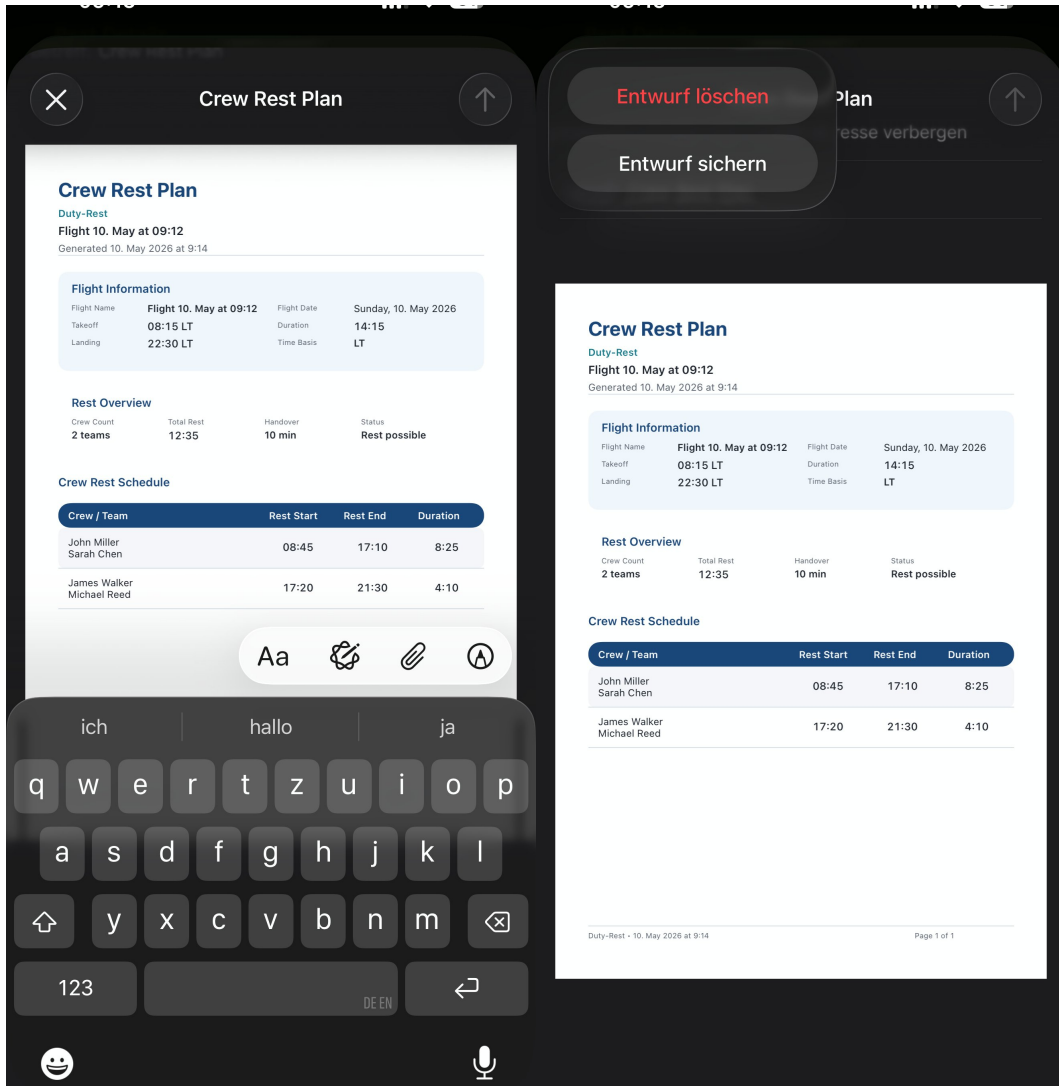
Complete saved crew setups grouped by month. Each entry shows the flight name it was saved from and the team count. Tap any entry to see the full detail view with all members and their roles.

From the detail view tap **Load Setup** to instantly apply this configuration to a new flight — skipping manual team entry entirely.

- \* Saved crews are named after the flight they were created from. Tap **Edit** from the detail view to rename or remove members.

# Exporting the Crew Rest Plan

Tap the **share icon** (↑) in the top-right corner of the Rest Time screen to generate the **Crew Rest Plan** PDF.



## The PDF contains:

- Flight name, date, and generation timestamp
- Flight Information: Takeoff, Landing, Duration, Time Basis
- Rest Overview: team count, total rest, handover, and rest status
- Crew Rest Schedule table with Rest Start, Rest End, and Duration per team

## Saving and Sharing

After generation a preview appears. Use the iOS share button (↑ top-right of the preview) to print via AirPrint, save to Files, or send via Mail/Messages. The top-left buttons let you save a draft or discard without sharing.

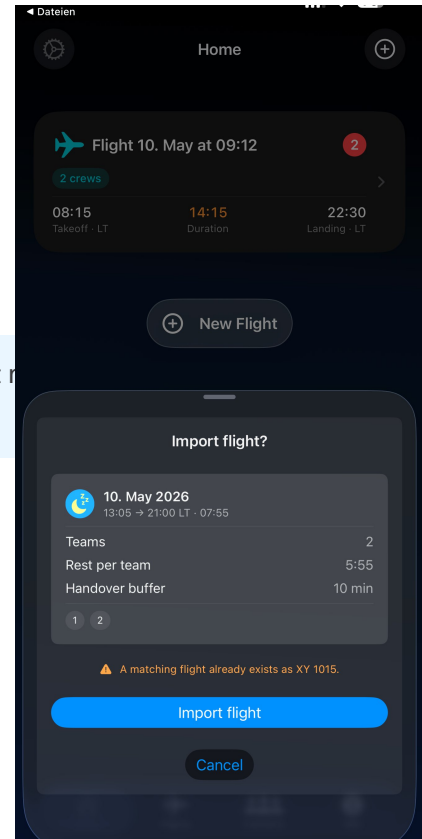
# Importing Flights

Duty-Rest supports flight sharing between devices via a **.dutyrestflight** file that can be sent by AirDrop, Messages, Mail, or Files.

## How to Import

1. Another crew member shares a **.dutyrestflight** file with you.
2. Tap the file — iOS opens Duty-Rest automatically.
3. The **Import flight?** confirmation sheet appears showing date, time window, duration, team count, rest per team, and handover buffer.
4. If a similar flight already exists a warning appears.
5. Tap **Import flight** to add it, or **Cancel** to dismiss.

**i** Imported flights show an **Imported** badge in the Flights list. Rest per team is calculated from the shared file and must be set up locally after import.



Import confirmation sheet

# Settings

Access Settings via the **gear icon** top-left on the Home screen.

## Resttime

- **Start after takeoff** — default 30 min
- **End before landing** — default 60 min

## Handover Time

- **Handover** — default 10 min overlap between slots

## Time Format

- **24-hours toggle** — 24h or 12h clock
- **Time in UTC** — display all times as UTC

## Crews Setting

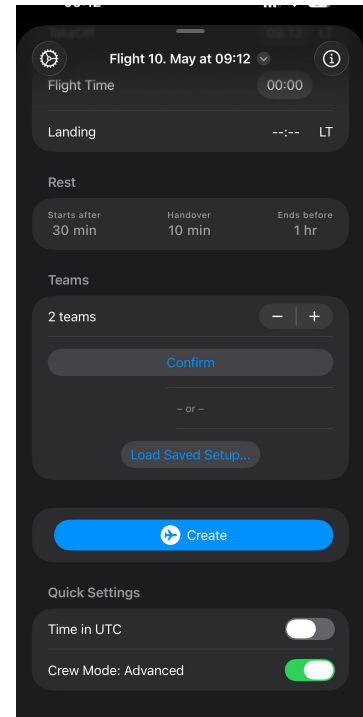
- **Maximum crews** — up to 99 members per team
- **Naming style** — Crew 1/2 or Crew A/B

## Sound

- **Notification Alarm** — choose alert sound for rest reminders

## Alarm Status

- Shows iOS notification permission status for the app



Settings screen

## Default Values Reference

<b>Start after T/O</b>	30 minutes — crew has time to complete service before rest.
<b>End before LDG</b>	60 minutes — crew is awake and ready well before approach.
<b>Handover</b>	10 minutes — the relieving crew is fully briefed before rest begins.

- i** All default values can be changed in Settings and will apply to every new flight created afterwards. Individual flights can also override rest parameters at creation time.

# Info & Support

Tap the **Info** (■) tab to access app information, subscription status, and support.

## Feedback

Leave a review on the App Store to help improve Duty-Rest.

## Support

Tap **Request support** to contact the developer directly for bug reports or feature requests.

## Purchase

Shows your Subscription Status (Free / Full Access). Tap **Restore Purchases** after reinstalling the app to recover a previous purchase.

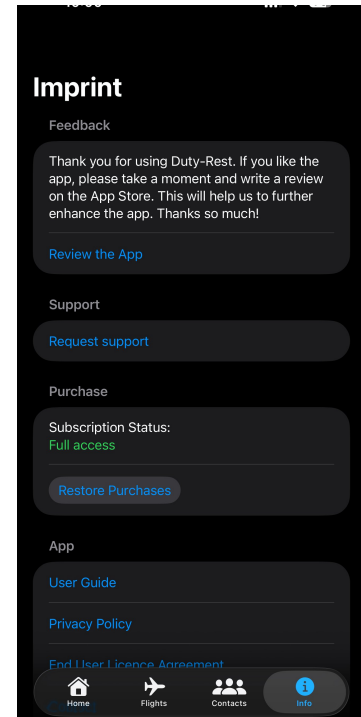
## App Section

- **User Guide** — built-in quick reference guide
- **Privacy Policy** and **End User Licence Agreement**
- **Contact** — reach the developer directly
- **Share me** — share the app with colleagues via the iOS share sheet

## App Version

Displays the current version and build number.

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Info & Imprint screen

## Subscription

Duty-Rest offers a free tier with core functionality and a paid Full Access subscription that unlocks Advanced Mode features including named crew members, roles, saved crews, and unlimited flight history. The subscription is managed through the App Store and can be restored on any device signed in to the same Apple ID.

**Thank you for using Duty-Rest. Fly safe.**