
Ask the experts

Advice and knowledge from the leading experts in their fields



PHIL LEARNEY

CO-FOUNDER
HMN24

HOW CAN YOU IMPROVE SLEEP PATTERNS DURING A BUSY SEASON?

Yacht crews often face irregular schedules, long hours, and high-pressure environments, leading to disrupted circadian rhythms and chronic fatigue, this is of course far more prevalent during the busy charter season. HMN24's science-backed supplements, which include nootropics, adaptogens, and anxiolytics, help balance the autonomic nervous system, reduce stress and support mental performance. The products optimise sleep and recovery by aligning with circadian biology, even during irregular sleep patterns. Intelligent caffeine use, combined with other compounds, provides sustained energy without overstimulation, preventing crashes or disrupted sleep. I would also recommend proactive light management on board, in conjunction with these products, it can further support better sleep and alertness. Ultimately, HMN24's approach promotes enhanced physical and mental performance, benefiting the overall well-being and efficiency of yacht crews.



MICHAEL MEENEHAN

OWNER
MP TECH SOLUTIONS

HOW CAN LIGHTING ONBOARD IMPROVE CREW WELL-BEING?

Crew members are renowned for working long hours with minimal sleep, leading to significant disruptions in their sleep-wake cycles, also known as circadian rhythms. This constant strain can adversely affect their health and overall well-being. So, what can we do to enhance their environment and improve these circadian rhythms? We recommend deploying Human Centric Lighting (HCL) not just in crew areas but vessel wide. HCL refers to lighting systems designed to promote human health and well-being, focusing on improving comfort, enhancing mood, and boosting productivity. By collaborating with manufacturers such as Ray Lighting, which produces flicker-free luminaires with reduced blue light, we can integrate these solutions into the vessel's lighting control systems - whether Lutron, KNX, or Crestron. This approach can be seamlessly implemented in both refit and new build projects, delivering significant benefits for vessels of all ages, as well as for both guests and crew, with minimal disruption to the internal design and functionality.



CALLY COOPER

OWNER
WELLCREW

HOW CAN CREW COMBAT BURNOUT AND FATIGUE DURING THE SEASON?

Fatigue and burnout pose significant challenges in the yachting industry due to rising demands from guests and the complexity of tasks. Long hours in high-pressure environments can overwhelm crew members, leading to emotional and physical exhaustion. Activating the body's recovery system is crucial for restoring balance. Practical strategies are essential for managing these challenges, simple approaches, such as taking short breaks, developing adaptability, and utilising effective stress management, can greatly enhance recovery. Additionally, creating a supportive environment where crew members feel comfortable sharing experiences is vital for building resilience. WellCrew is dedicated to improving health and performance in yachting through an innovative programme. By applying elite sports and military techniques and using FirstBeat Life to monitor stress and recovery via heart rate variability, this programme helps crew members manage fatigue, prevent burnout, and prioritise health through strong leadership.



LARRY RUMBOL

MARINE TECHNICAL LIAISON
SPECTRO | JET-CARE

WHY IS A PROFESSIONAL OIL ANALYSIS NECESSARY FOR SUPERYACHTS?

Regular oil sampling analysis and trending is the most effective tool by far to prevent machinery failure. It provides an opportunity to avert a potential failure and to turn it into a maintenance procedure. Not only averting that failure but accelerated wear and collateral damage and down time too. A lost charter can do immeasurable reputation damage. There is a curve of failure with perfect condition at the start and before that point where a repair is required. Before that point there is only fluid analysis: after that the other condition monitoring tools such as vibration, thermal or acoustic monitoring are only identifying the extent of damage. Regular oil sampling, trending and analysis is a tool that prevents that damage occurring in the first place as long as it is acted upon. This is the unique aspect of laboratory oil and hydraulic analysis.