# Flight attendant reveals she wears pyjamas under uniform for comfort



Flight attendants are often admired for their immaculate appearance and polished uniforms, maintaining a poised and professional look throughout demanding flights. However, one cabin crew member has recently revealed a behind-the-scenes secret that challenges this pristine image.

Paula, a flight attendant who shares insights into the airline industry on TikTok under the username @muulann\_, posted a video that has caught the attention of many. Dressed initially in a sharp white blouse and trousers typical of cabin crew attire, she surprised viewers by removing her uniform to reveal she was wearing comfortable grey pyjamas underneath. “I'm literally wearing my pyjamas underneath,” Paula admits with a cheeky smile, illustrating how she manages to stay comfortable despite the strict dress codes.

The video, reported by the Mirror, features Paula highlighting this personal comfort hack while playing Lana Del Rey’s song ‘Margaret’, specifically the lyric, “‘Cause if you know, you know.” This underscores the unspoken tactics some flight attendants use to cope with the challenges of their job.

Paula’s revelation struck a chord with fellow workers in the industry, with one colleague responding, “Girl, same,” to which Paula agreed with a knowing nod. Yet, not all viewers understood how such comfort could be maintained. Given the often warm conditions inside aircraft cabins, some questioned how pyjamas could be worn without discomfort during boarding, which can feel particularly hot. Paula clarified that she “gets cold really easily,” making this extra layer a practical necessity beyond aesthetics.

The discussion further touched on the discomfort of the standard uniform itself, with one user commenting on the "super scratchy" feeling of the uniform pants. Paula concurred, adding a relatable touch to her video that explained why such alternatives to strict dress codes might be adopted discreetly.

This glimpse behind the airline spotlight provides a nuanced view of the realities faced by cabin crew, revealing how they balance the demands of a professional appearance with personal comfort during long, often tiring shifts. The TikTok video has since generated interest and support from both industry insiders and the general public intrigued by this candid airline insider story.

Source: [Noah Wire Services](https://www.noahwire.com)

## References

* <https://www.threads.net/@dailyexpresslifestyle/post/DIkvkXmoUEy/a-flight-attendant-has-shared-a-huge-secret-about-cabin-crews-uniforms-on-a-plan> - This source corroborates the story of a flight attendant named Paula sharing a secret about wearing pyjamas under her uniform on TikTok, matching the article's account of a cabin crew member revealing behind-the-scenes comfort hacks.
* <https://www.globalair.com/articles/the-unsung-heroes-of-the-sky-the-secrets-of-cabin-crew-uniforms?id=7529> - This article supports the claim about the evolution and professionalism of cabin crew uniforms, including the balance between appearance and practicality in modern flight attendant attire.
* <https://simpleflying.com/ten-surprising-facts-about-cabin-crew-uniforms/> - This source details how cabin crew uniforms are carefully tailored and that the crew must maintain a smart, polished look—corroborating the article's emphasis on the immaculate appearance and professional standards flight attendants uphold.
* <https://brightside.me/articles/8-secret-messages-that-are-gracefully-hidden-in-the-uniforms-of-flight-attendants-803245/> - This article confirms that cabin crew uniforms often contain hidden practical features and messages, supporting the idea that flight attendant uniforms are designed with functional considerations beyond aesthetics.
* <https://www.mirror.co.uk/news/weird-news/flight-attendant-reveals-pyjamas-under-29384268> - The Mirror reported on Paula’s TikTok video where she reveals wearing pyjamas under her uniform, directly supporting the article's depiction of her comfort hack and the social media reaction it sparked.