

## **JET LAG**

When you travel for leisure or business, you want to be at your best- so you can enjoy your hard earned vacation or seal the deal if at work. Here are some useful information to help you make your travels more enjoyable or productive. Eastward travel is harder than westward travel, in general. It takes about 1.5 days to adjust every time zone you travel when going eastward, and only 1 day to adjust for every time zone when going westward.



Judicious use of caffeine and naps (see below) will help you combat day time fatigue. Also light exposure (and dark exposure) will also help you adjust your circadium rhythm to your new time zone.

A free website [www.jetlagrooster.com](http://www.jetlagrooster.com) can help you with a personalized adjustment schedule depending on where you are going. Below are some general tips you can apply – start adjusting about 3 days prior to travel!

	Eastward Travel	Westward Travel
<b>Before travel</b>	<ul style="list-style-type: none"> <li>• Move bedtime and wake time 30 minutes earlier per day starting 3 days prior to departure.</li> <li>• To facilitate this shift, avoid light (including electronics) in the evening and seek bright light the first 2 to 3 hours after awakening.</li> </ul>	<ul style="list-style-type: none"> <li>• Move bedtime and wake time 30 minutes later per day starting 3 days prior to departure.</li> <li>• To facilitate this shift, seek light in the evening and avoid bright light the first few hours after awakening.</li> </ul>
<b>During travel</b>	<ul style="list-style-type: none"> <li>• Set watch to destination time.</li> </ul>	<ul style="list-style-type: none"> <li>• Set watch to destination time.</li> </ul>
	<ul style="list-style-type: none"> <li>• Avoid early morning (destination time) bright light. Use sunglasses on the plane if cabin lights are on and keep window shades down.</li> <li>• Get lots of late morning and early afternoon (destination time) bright light.</li> </ul>	<ul style="list-style-type: none"> <li>• Get lots of late afternoon and evening (destination time) bright light.</li> <li>• Avoid bright light (including electronics) during destination nighttime. Use sunglasses on the plane if cabin lights are on.</li> </ul>
	<ul style="list-style-type: none"> <li>• Attempt sleep during destination nighttime.</li> <li>• If you cannot sleep during this period, avoid light (especially during the second half of the night) with dark sunglasses.</li> </ul>	<ul style="list-style-type: none"> <li>• Try to stay up to desired destination bedtime.</li> <li>• Attempt sleep during destination nighttime.</li> </ul>

	<ul style="list-style-type: none"> <li>• Avoid sedative/hypnotic medications in flight.</li> </ul>	<ul style="list-style-type: none"> <li>• Avoid sedative/hypnotic medications in flight.</li> </ul>
<b>On arrival</b>	<ul style="list-style-type: none"> <li>• Avoid early morning bright light.</li> <li>• Get lots of late morning and early afternoon (destination time) bright light.</li> </ul>	<ul style="list-style-type: none"> <li>• Get lots of late afternoon and evening bright light.</li> <li>• Avoid bright light during destination nighttime.</li> </ul>
	<ul style="list-style-type: none"> <li>• Take melatonin at desired destination bedtime.</li> <li>• Falling asleep may be difficult the first few days.</li> </ul>	<ul style="list-style-type: none"> <li>• Melatonin is not helpful.</li> <li>• Try to stay up to desired destination bedtime. Avoid evening nodding off.</li> <li>• Staying asleep may be difficult the first few days; avoid electronics during awakenings.</li> </ul>
	<ul style="list-style-type: none"> <li>• Short naps (less than 45 minutes) and caffeine may help with alertness.</li> </ul>	<ul style="list-style-type: none"> <li>• Short naps (less than 45 minutes) and caffeine may help with alertness.</li> </ul>

From Uptodate

Hope these tips helped you to enjoy your travel to the fullest!

