



Ten Tips for Healthier Travel Easing the Effects of Jet Lag

- 1.** Change your watch to the time at your destination before you board the plane. This will help you adjust psychologically.
- 2.** Stop thinking about what time it is at home.
- 3.** Stay awake during the flight if your plane arrives at night.
- 4.** Go to bed as quickly as possible if you cross the Pacific and arrive at your destination at night. Flights to Asia and the South Pacific are lengthy and you will probably be tired enough to sleep, simply because you have been enroute for many hours.
- 5.** Try to sleep on a flight that arrives in the morning. Melatonin tablets can help make you drowsy enough to doze off, but do not make you groggy on awakening.
- 6.** Get out into the bright sunlight as soon you can, especially if you are arriving in the morning after an overnight flight. Light has a powerful effect on your biological clock and will help you keep going.
- 7.** Take a long bath in your hotel room. Soaking in the tub will help you restore body moisture to normal.
- 8.** Eat a snack or a light meal at normal eating times. Eating signals the brain that it is time to be awake.
- 9.** Take a high quality Vitamin B complex tablet with your food—it will give you a temporary energy boost to help you get through the first day.
- 10.** Stay active during daylight hours, no matter how appealing the bed might look. Keep moving, walk around, and interact with people until the proper time to go to bed. Visualize yourself as being mentally alert, sharp and awake.