

BEAT JET LAG IN A FEW SIMPLE STEPS

Sometimes long-distance travel leaves you exhausted due to different time zones. While there's no tried-and-true cure to prevent jet lag, there are a few things you can do to keep it from ruining your trip.

THINGS TO KEEP IN MIND:

New York
10:39 a.m.

Singapore
22:39 (10:39 p.m.)

The clock changes 1 hour for every 15 degrees travelled east or west from the Greenwich Meridian. An imaginary line passing through Greenwich, London.

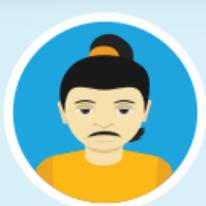
There are **24** times zones in the world.

Jet lag is often caused by a flight's direction, not its length.

SYMPTOMS OF JET LAG INCLUDE:



DISTURBED SLEEP



EXHAUSTION



HEADACHE



BOWEL ISSUES

(such as constipation or diarrhea)

BEAT JET LAG: PRE-TRIP TIPS



1 CHANGE YOUR SLEEP ROUTINE

Traveling west? Start going to bed later for a few days before you travel. Traveling east? Start going to bed earlier.



2 WEAR SUNGLASSES

Control exposure to natural and artificial light to change your circadian rhythm.



3 PLAN A LAYOVER

Schedule an extended layover on your way to your destination to allow your body to get used to the new time zone.



4 DE-STRESS

Stress can make jet lag worse, so plan your activities in advance to make your travels less stressful.

BEAT JET LAG: DURING YOUR TRAVELS



1 TIME YOUR ACTIVITIES

Try to eat and sleep at the same time that you normally would once you arrive at your destination.



2 STAY HYDRATED

Drink plenty of water. Avoid alcohol and caffeine since they will dehydrate you.



3 GET COMFORTABLE

Bring an eye mask and ear plugs to create good sleep conditions.



4 NAP OFTEN

A brief nap (15-20 minute) can increase alertness for a couple of hours after the nap, and does not disrupt subsequent sleep at night.

Sources: <http://www.webmd.com/sleep-disorders/excessive-sleepiness-10/jet-lag-remedies?page=1>

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