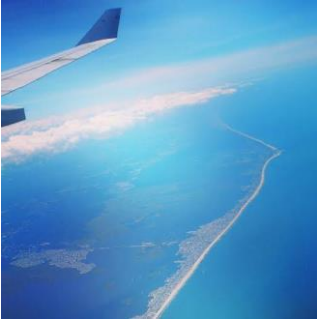


Jet-lag: 5 Tips on How to Deal With it



If you're a frequent flyer, you are probably familiar with jet-lag: the dreaded sense of fatigue and lethargy settling in after a long flight, the inability to do anything for several hours after flying, even if only on a short flight, etc. Try these home-remedies to rid yourself of air-weariness, or prevent it altogether.

1) Melatonin-Melatonin is a hormone whose key job is to control the body's internal clock that plays an important role in when we fall asleep and when we wake up.

Melatonin supplements are thought to help the body quickly adjust to the new surroundings, as the hormone is triggered by light. If it is light at your destination when you'd normally be sleeping, your internal clock will be disrupted. For jet lag, practitioners generally suggest taking a 0.5 mg tablet of melatonin a night for three nights, one hour before a normal bedtime.

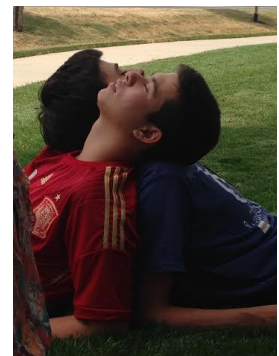
2) Adjusting Sleep and Wake Time-Another strategy to avoid jet lag involves adjusting a person's bedtime and wake time. Before your trip, try to go to bed earlier or later to align your sleep schedule with that of your destination's as best you can. This process should start at least three days in advance, and will ultimately help with recovering from jet-lag and time differences.

3) Adjusting meal times-Studies have shown that your internal clock does not only function off of your sleeping and waking times; when you eat also has a hand in it. Moving your meal times closer to when you'll be eating at your destination will help your body adjust to your destination when you do eventually get there. However, don't drastically change your meal times all at once; that isn't healthy, either. Be sure to slowly move your meal times over the course of several days.



4) Stay hydrated-Don't forget to drink plenty of water before your flight- more than you normally would. Also, avoid coffee, tea, and other caffeinated beverages for a few days before your flight and alcohol during your flight.

5) Try to Sleep-If none of these tricks worked for you and you're still being plagued by jet-lag, do all you can to get the appropriate amount of sleep for a few days after your flight. Limit sleep distractions, listen to soothing music, avoid fatty foods and heavy exercise just before bedtime, and take a hot bath before you go to sleep to relax your muscles. If you still can't sleep, consider medication to remedy jet-lag. Sleep is very important, and you can't be on top of your game without it.





6) Take a Nap!-When you arrive at your new destination, it is important to get on their time schedule as soon as you arrive. If it is morning when you arrive – you may be tempted to go to sleep because it is night time at home. **AVOID! AVOID! AVOID!** Go out, have a coffee, visit a museum, go shopping etc. In the afternoon, schedule a one-two hour nap. Then get up and go to dinner, stay out and wait to go to bed until your “regular” time – 10:00 PM etc. Schedule a wake-up call the next morning for 7 AM or your usual waking time. The first few afternoons will be rough, but you will adjust in no time!