



## HOW TO RECOVER FROM THE EFFECTS OF JETLAG

IF YOU TRAVELED TO A DIFFERENT TIME ZONE RECENTLY, YOU MAY HAVE NOTICED SEVERAL SIGNS THAT YOUR INTERNAL CLOCK NEEDED TO ADJUST TO YOUR NEW SETTINGS. INSOMNIA, FATIGUE, LACK OF APPETITE OR AN OVERWHELMING APPETITE AT THE WRONG TIME MAY BE SIGNS THAT YOU ARE EXPERIENCING JETLAG.

HERE ARE SOME TIPS THAT WILL HELP YOUR BODY SETTLE IN AND RESET ITS CLOCK FASTER:

1. **HYDRATE** - DRINK PLENTY OF WATER. AVOID ALCOHOL AND DRINKS WITH CAFFEINE AS THEY CAN CONTRIBUTE TO DEHYDRATION. IF YOU ARE DEHYDRATED, YOU WILL FEEL FATIGUED AND MAY NOT HAVE THE ENERGY YOU NEED TO STAY AWAKE AND ALERT THROUGH THE DAY SO YOU CAN REST PROPERLY AT NIGHT.
2. **PREPARE** - IF YOU ARE ARRIVING AT YOUR DESTINATION IN THE EARLY MORNING, SLEEP ON THE PLANE SO THAT YOU ARE RESTED, AWAKE AND FRESH UPON ARRIVAL. PREPARE A "SLEEP KIT" TO TAKE ON THE PLANE AND INCLUDE EAR PLUGS, EYE SHIELD, HEAD PHONES (NOISE CANCELLING), AND COMFORTABLE SLIPPERS OR SLIP ON SHOES. REQUEST A WINDOW SEAT AND PILLOW, THEN RECLINE AND RELAX.
  - IF YOU ARE ARRIVING AT YOUR DESTINATION IN THE EVENING, STAY AWAKE ON THE PLANE SO THAT YOUR NATURAL TENDENCY TO SLEEP AT NIGHT WILL NOT BE UNINTERRUPTED. TAKE PLENTY OF MUSIC, MAGAZINES, BOOKS AND OTHER MATERIALS TO KEEP YOU OCCUPIED AND AWAKE DURING THE FLIGHT.
3. **EXERCISE** - EXERCISE IN THE MORNING AND EXPOSE YOURSELF TO SUNLIGHT, WHICH WILL HELP RESET YOUR INTERNAL CLOCK. TRY A BRISK WALK OR VISIT YOUR HOTEL'S FITNESS FACILITY AND WALK ON THE TREADMILL.
4. **MEALS** - EAT SMALLER MEALS THROUGHOUT THE DAY. IF DINNERTIME FALLS IN THE MIDDLE OF THE NIGHT IN YOUR NEW TIME ZONE, KEEP A SNACK BY YOUR BEDSIDE.
5. **ACTIVITIES** - IF YOUR TRIP IS FAIRLY SHORT IN DURATION, SCHEDULE YOUR ACTIVITIES, WORK, OR MEETINGS ACCORDING TO YOUR HOME TIME ZONE. IF THE NEW TIME ZONE IS 2 HOURS AHEAD OF HOME, SCHEDULE LATE MORNING OR AFTERNOON ACTIVITIES, WORK, OR MEETINGS SO THAT YOU'LL BE ALERT.