



ADVICE FOR DEALING WITH JET LAG

Jet lag is the inability to sleep at the right time or being drowsy and sleepy at the wrong time – a mismatch between our biological clocks and the time zone we are in.

Here are some other helpful tips for dealing jet lag:

- The day before your flight, ensure you eat three balanced meals, including at least five servings of fruit or green vegetable and one of protein-rich food e.g. white fish or tofu.
- In the airport, try to resist carb heavy or processed food. Look for the healthier options. Food plays an important in setting body clocks but also in how you feel.
- During the flight set your watch to the local time at your destination. Note what extraordinary time the airline feeds you and try to keep back a roll or nuts to eat at “normal” mealtimes according to the time at your destination.
- Take an eye mask and ear plugs with you. Use the mask and your seat’s nightlight to reflect the time at your destination – wear the mask if it is night time where you are going; keep the light on and mask off if it is day time.
- Drink plenty of water throughout the flight to prevent dehydration and also to help mobilise your energy reserves for your arrival. Avoid drinking excess alcohol on the flight.
- Take regular walks up and down the aisle. Try some simple stretching exercises in your seat – straighten your legs and point and flex your toes; or stretch your arms high above your head. Do both these exercises for one minute every two hours.
- If you have an overnight flight, try to sleep. Eat before you board, wear comfortable loose clothing and remove your shoes. On a flight, it can be slightly cool, so pack bed socks to help keep feet warm.
- When you arrive at your destination use your diet to help you control your wakefulness: high protein meals increase your alertness; high carbohydrate meals will make you feel more sleepy.

For more information, contact The Sleep Charity or your representative.

For more information and advice, visit The Sleep Charity at thesleepcharity.org.uk or contact us on info@thesleepcharity.org.uk