



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**