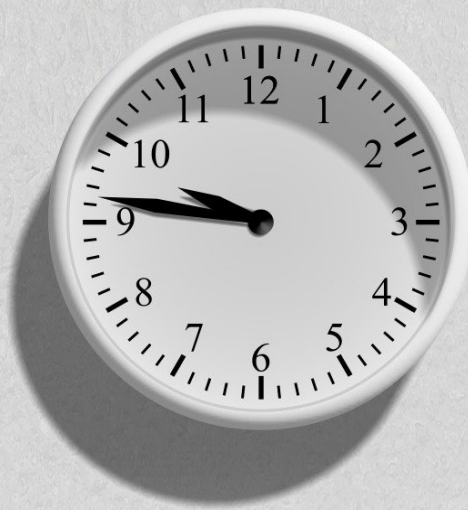
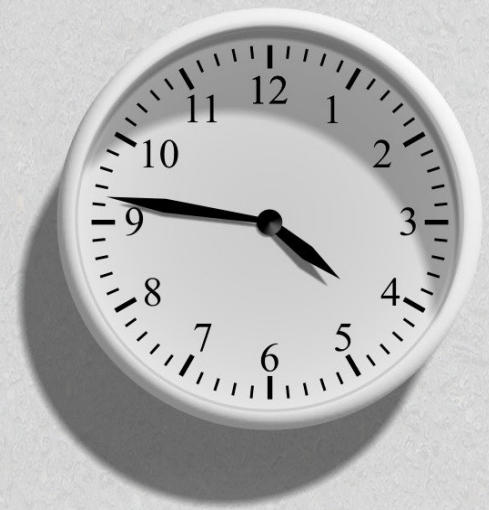




FLYING: OVERCOMING JETLAG



LONDON



NEW YORK

WHAT IS JETLAG?

TRAVELLING ACROSS TIME ZONES CAN BE DEBILITATING.



SYMPTOMS OF JET LAG

- Difficulty sleeping at bedtime and waking up in the morning.
- Tiredness and exhaustion.
- Finding it difficult to stay awake during the day.
- Poor sleep quality.
- Concentration and memory problems.



TOKYO



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WHAT CAUSES JETLAG?

CIRCADIAN RHYTHM

Jet lag is caused by your body not being able to adjust to the circadian rhythm of the new time zone.

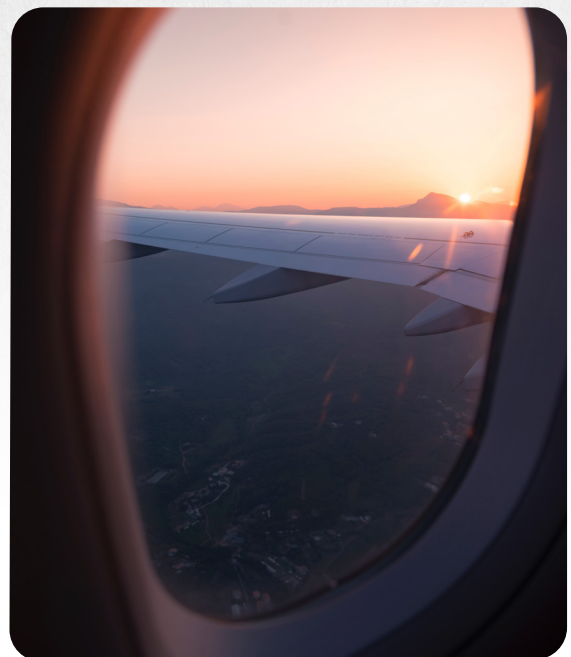
SEVERITY

The severity of the jet lag depends on how many time zones you crossed and which direction you have traveled.

OTHER FACTORS

Jet lag can often be worsening by:

- Sleep loss during travel
- Stress
- Caffeine and alcohol
- Air pressure or poor air quality



FLYING ACROSS TIMEZONES



AVOIDING JET LAG

There are a few tips on how to avoid experiencing jet lag in the first place, including what to drink and when:

EXERCISE

Exercising before a long flight can have a massive impact on your sleep quality, essential when your body is trying to adjust to different surroundings.

DRINKING

It's important to stay hydrated when travelling, avoid alcohol and other dehydratants such as caffeine.

SCREEN TIME

It is advised against using screens whilst flying, especially if you're known to suffer from jetlag. Take a book or some headphones and distance yourself from the blue light emitted from screens.

FOOD

Avoid eating, dry stogey foods when flying. The digestive system doesn't respond the same way it would on ground which can make the flyer sluggish.

Ginger tablets have been known to reduce the impacts of jetlag, take one before you depart.



REMEDIES FOR JET LAG

There are a few tips, providing by international airline, Emirates on how to deal with jet lag once you have travelled:

WALKING

Take a walk in the sunshine on the morning after your arrival if you have travelled eastwards as sunlight can help reset your body clock more quickly.

FOOD

Eat at the new meal times and avoid caffeine after 4pm.

SLEEP

Try to sleep at the new times and only have short naps during the day if you are very tired.

EATING

Eat light regular meals. Also, some foods may promote sleep better such as carbohydrates and milk, whilst high protein foods will improve alertness.

DRINK

It is best to avoid alcohol as although this can promote sleep it can disturb the normal sleep patterns by reducing REM (rapid eye movement) sleep.



CONCLUSION

Many things can have an impact on the human body's ability to climatise to a new time zone. It's important to recognise the impact of the food and drink we eat before and after travelling can have on humans, it is recommended to avoid cold drinks whilst travelling as well as salted foods and caffeinated drinks.

When you have arrived at your destination ensure to stick to the time zone you are in, eating and sleeping at the correct times as well as taking time to exercise.

Wayte Travel Management can offer expert advice on the impact of flight times on the travellers ability to climatise to the new time zone.

**THANK YOU FOR SHOWING
INTEREST IN OUR JETLAG
WHITEPAPER.**



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