



## HOW TO PREVENT JET LAG

1. Start shifting your sleep-wake cycle to match that of your destination several days before departure, changing at the rate of one hour per day.
2. Begin adjusting to the time zone of your destination by resetting your watch at the beginning of your flight.
3. Sleep on the plane when it is nighttime at your destination. Earplugs, headphones, eye masks can help diminish noise and light.
4. Stay awake on the plane when it is daytime at your destination. Read a thriller with the light on and the window shade open, or cruise the aisles.
5. Drink plenty of water. The air on planes is extremely dry, and dehydration can worsen the effects of jet lag.
6. Avoid alcohol and caffeine while flying. They increase dehydration.
7. Exercise as much as you can on the flight during waking hours: stretch, walk down the aisles to exercise on a plane.