

18 TIPS TO BEAT JET LAG



I love to travel! I enjoy giving tours of Europe and Asia with my customers, friends and family. Yet, all too often the excitement of an upcoming trip is tarnished by the misery caused by jet lag. After 20+ years of international travels, I am yet to find a magical formula to prevent jet lag, however, I have discovered some tried and tested tricks and ideas to minimize - and in some cases end - jet lag from ruining your trip.

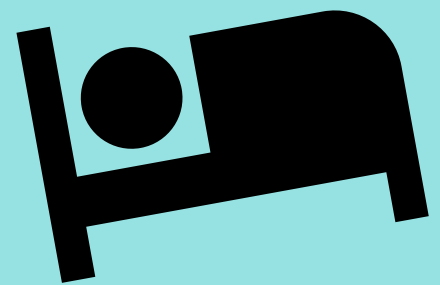
1 CONSIDER TIME OF DEPARTURE

- Going East/toward Europe: morning departures are less disruptive than afternoon and evening flights (note that there are few morning flights to Europe with the majority departing into the late afternoon and evenings)
- Going West/toward Asia: mid-day departures are less disruptive than afternoon and evening flights
- Going East/from Europe: morning to mid-day departures are less disruptive than late afternoon and evening flights
- Going West/from Asia: morning or late-night departures are less disruptive than afternoon and evening flights



2 NOT ALL SEATS ARE CREATED EQUAL

I have a strong preference for bulk/exit row seats (very few of these are available on each flight) or aisle seats. In both cases, those seats allow more flexibility during the flight, plus offer the opportunity to stretch my legs.



3 DAILY WALKS

3-4 weeks before your flight, develop a pattern of daily (at least 3-4 times a week) 20-30+ minutes walks

4 SLEEPING ROUTINE

3-4 days before the flight change your sleeping routine (going West - go to sleep later than usual; going East to bed earlier than usual)



5 DIET PATTERNS

3-4 days before the trip, adjust your diet patterns to correspond to new sleeping routines (eat dinner and breakfast earlier if going East; eat later, if going West)

6 DAY OF DEPARTURE ROUTINE

- Wake up early and have a big breakfast
- Keep clam: stress can make jet lag worse, so getting to the airport early can lessen worry.
- Wear sunglasses: your circadian rhythm responds to light; controlling exposure to artificial and natural light will minimize disruption to your body clock.



7 LONGER LAYOVERS

Plan longer layovers at the airport to minimize stress and to allow your body to gradually adjust to new time zones.



8

PRE-FLIGHT MEALS

I usually have a big meal at the airport and skip meals on the flight. If connecting time is tight, bring your favorite food with you and eat it during meal times



9

WHAT TO BRING ONBOARD

- Sleep mask (to control exposure to light)
- Noise canceling headphones (to control volume and quality of sounds)
- Compression socks (to improve blood circulation)
- Comfortable clothing (to control body temperature)

10

CHANGE THE TIME

Change the time on your watch/phone to your arrival destination immediately after the takeoff. That simple action helps me mentally shift my circadian rhythm and dictates my activities and schedule during the flight.



11

SLEEPING MEDICATION

Avoid sleeping medication. It is not the best way to address jet lag as it will not help your body to naturally adjust to new sleeping hours



12

DRINKS

Drink plenty of water; avoid alcohol and caffeinated drinks as they dehydrate your body, and dehydration makes jet lag symptoms worse.



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GET COZY

During the flight: get as comfortable as possible to get some sleep.



14

TAKE WALKS

During the final third of the flight, take walks around the cabin and stretch regularly.

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FIRST DAY

Upon landing / first day: spend as much time outdoors as possible exposure to daylight. This helps you adjust to the new time zone quicker.



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FIRST NIGHT

Try to get a minimum of 4 hours of sleep during the first night. That amount of sleep is needed to help your body adapt to a new time zone faster. Avoid temptation to get up and start a new day unless you have slept 4+ hours.



17

SHORT NAPS

First 2-3 days upon arrival: take short naps – best if in the afternoon – to get to the same amount of sleep you would normally have in a 24-hours window.

18

ESPRESSO

During the trip: consider taking a single or double espresso in the early afternoon each day of the trip.



FINAL NOTES

When visiting for fewer than 4 days, and if it is practical, keep the same sleeping and eating schedule as it would be at home

In my experience, the afternoon of day 3 of any trip is when the jet lag is most powerful

JET LAG: FACTS

The world is divided into 24 time zones (the clock changes 1 hour every 15 degrees traveled east or west from the Greenwich Meridian Line that passes through London)

Jet lag is often caused by a flight's direction, not length! Most jet lag issues occur on West-East flights. Crossing time zones disrupts the "circadian rhythm" of the human body's natural 24-hours clock.

TYPICAL SYMPTOMS OF JET LAG:

- Disturbed sleep patterns (waking up in the middle of the night and being unable to go back to sleep)
- Headaches (from mild to severe)
- Exhaustion (often connected with dehydration)
- Diarrhea or constipation

Everyone is susceptible to jet lag!

Recent research and my vast personal experiences suggest that the ability to sleep at abnormal times decreases with age.

Conclusion: the older you get, the more severe the symptoms, and the longer it may take to overcome jet lag.

ABOUT US

Go Global is a 24/7, worldwide travel concierge service specializing in stress-free, worry-free, customized travel itineraries for groups, families, and/or individuals.

WHO WE ARE

- experts in worry and stress free, authentic travel experiences and adventures
- worldwide travel concierge service
- masters in design and delivery of unique, customized, need-specific travel adventures (for one or for many)
- Professionals who put the customer's needs first
- The final product is Your trip, done your way!

WHAT WE DO

Each travel adventure is designed with multiple layers that match each client's goals and comfort levels:

- **Experience:** On the first layer, we take care of finding the optimal times to travel, the best sites to see, and the perfect balance of sightseeing and free time on an excursion. We strive to offer as many intentional, memorable, and meaningful “wow” moments as possible
- **Authenticity:** On the second layer, we promote opportunities to connect with locals and regional events, to see the wonders that many tourists overlook, to go beyond the commonplace and into the unique, authentic, once in a lifetime experience that creates lifelong memories.
- **Adventure:** The final layer, the “being” local for few moments or days. Living in apartments, shopping at the grocery store, attending community events and gatherings. Not just viewing the culture from the outside, but stepping inside and becoming a part of your surroundings.

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YOUR WAY.**

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or join one of our upcoming worry-free,
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WWW.GOGLOBAL.GURU
EMAIL:
DAREK@AUTHENTICEUROPE.COM
PHONE/TEXT: +1-918-214-4582**

YOUR TRIP, YOUR WAY!

ADDITIONAL RESOURCES

Go Global -

<http://authenticeurope.com>

How to Beat Jet Lag -

<http://www.nhs.uk/conditions/Jet-lag/Pages/Introduction.aspx>

A Battle Plan for Jet Lag -

<http://www.nytimes.com/2012/08/19/travel/a-battle-plan-for-jet-lag.html>

Age-Related Differences in Recovery from simulated Jet Lag -

<https://www.ncbi.nlm.nih.gov/pubmed/1557592>

Jet-Lag and its Effects on Humans -

http://www.dlr.de/me/en/desktopdefault.aspx/tabid-2023/2958_read-4535/

Preventing Jet Lag -

<http://www.nhs.uk/Conditions/Jet-lag/Pages/Prevention.aspx>