

Jet lag

Fly away Peter.
Fly away Paul.
Come back (rested) Peter.
Come back (rested) Paul.

On Flights:

- ✓ Set your watch for the destination time immediately.
- ✓ Exercise reduces fatigue. Move arms and legs. Walk about.
- ✓ Drink plenty of juice, avoid alcohol.
- ✓ For evening arrivals try to stay awake - do paperwork, talk to neighbours, sit next to the window and look out (not straight at the sun).
- ✓ For night or morning arrivals try to sleep. Wear loose fitting clothing, eat lightly, avoid caffeine. Listen to relaxing music or wear earplugs.

Upon arrival and until jet lag settles:

- ✓ For morning arrivals try to stay awake until a suitable local bedtime. Ideally avoid naps, but if necessary take a short nap then drink a caffeinated drink. Spend time outside in bright light (but protect yourself against sunburn).
- ✓ Remain awake in the evening until you are very tired. Go to sleep at the same time, until you have adjusted.
- ✓ Immediately adjust your mealtimes to the new time zone. Eat a small carbohydrate snack before bedtime.
- ✓ Exercise. Avoid strenuous exercise in the two hours before sleep.
- ✓ Avoid caffeine or alcohol before bedtime.
- ✓ Take a long hot bath just before bedtime.
- ✓ Consider using Melatonin 2-6mg as you go to bed at night for 2-4 nights. Do not use melatonin if you are on epilepsy medication or warfarin type drugs.

Medicines:

- ✓ Take enough medicine for more than the whole trip in your hand luggage.
- ✓ Set your watch for the destination time immediately. Take your medication at, or slightly before, the times you would take medication in your destination country.
- ✓ Take the first dose of medication not more than 4 hours earlier than your normal dose time.
- ✓ If you are a diabetic who uses insulin, seek specialist advice before travelling.
- ✓ Check that none of the medications that you are carrying are illegal in the country that you are travelling to, or through. For example Melatonin is illegal in Dubai!