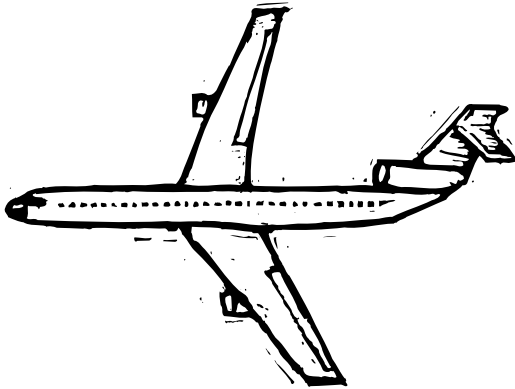


## Dealing With Jet Lag



Jet lag is a disruption of your body's normal circadian (sleep/wake) rhythm resulting from long airplane flights. The second night at your new location is often the toughest. Crossing multiple time zones, being short of sleep before your trip begins, and flying eastward (versus westward) all tend to make jet lag worse.

Here are some things you can do to help minimize jet lag:

### ■ Before and during your flight

- Try to get two or three nights of uninterrupted sleep before departure.
- Choose the most direct flight(s) possible to your destination.
- On the plane, drink plenty of water and avoid caffeine and alcohol.

### ■ After you arrive

- Avoid critical decision-making or driving during the first day or two.
- Follow good sleep habits. Avoid caffeine and exercise for several hours before retiring. Warm baths, warm liquid or reading can also be helpful.

### ■ On a short trip (two or three days)

- Try to stay on "home time" if at all possible.
- Daytime naps may help. Nap at times that correlate with early afternoon or night "home time." Avoid napping for longer than an hour.

### ■ On a long trip

- Try to sleep only at the local night time.
- Nap during the daytime only if you have to, and then only for short periods.
- As a last resort, sedative-hypnotic medication at bedtime may help in the first few days.

### ■ To reset your inner clock more quickly:

- Expose yourself to outdoor light.
- Get regular exercise.
- Melatonin may be helpful, but there hasn't been enough research yet to warrant its routine use.

## LEHIGH VALLEY

HOSPITAL AND  
HEALTH NETWORK

LEHIGH VALLEY HOSPITAL  
Cedar Crest & I-78, Allentown  
17th & Chew Streets, Allentown

LEHIGH VALLEY HOSPITAL—  
MUHLENBERG  
Route 22 & Schoenersville Road  
Bethlehem

[www.lvh.org](http://www.lvh.org)  
610-402-CARE

For more information  
or for a physician referral,  
call 610-402-CARE

Adapted from materials issued by:

Keystone Travel Medicine  
1210 S. Cedar Crest Blvd., Suite 2700  
Allentown, PA 18103