

April 25, 2014



# Share the Wellness Tip

## Before You Jet, Set Time for Sleep

If you travel by plane across several time zones, you're bound to feel tired and out-of-sync for a few days. The culprit is jet lag. You can't avoid this travel pitfall altogether. However, you can minimize it with the following steps:

- Get a normal amount of sleep before your trip so you are rested up. Packing until the wee hours the night before a trip can be counterproductive. Plan ahead for getting everything ready to go a few days in advance. Avoid the last minute suitcase stuffing frenzy and get your rest. Even if you think you'll catch up on your sleep on the plane, flights are filled with constant clatter and disturbances that can keep you from sleep.
- Drink lots of fluids on the flight and during your vacation or business trip, because dehydration worsens jet lag. However, limit or avoid alcohol, which may fragment your sleep, making you even more tired.
- When you arrive, stay active during daylight hours, eat meals at the local time, and avoid overeating.
- Exercise regularly while traveling but not too close to bedtime, which might keep you awake.
- Sleep the same amount of time in a 24-hour period while away as you would at home, even if it means taking some naps.

Sources: Centers for Disease Control and Prevention, National Institutes of Health

