

What Can Vacationers Do To Reduce The Effects Of Jet Lag When They Travel On Airline Flights?

Contributed by Dorothy Yamich
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Many medical experts have found that air travelers usually experience a worse bout of jet lag when they fly from east to west. In general, the more time zones that they cross, flying from east to west, the more severe their symptoms of jet lag will be. However, airline passengers will only experience a milder bout of jet lag when their air flights are going from west to east.

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{bot_wrgoogle}Travelers can fly north and south, or south to north, for thousands of miles without experiencing any jet lag. But as soon as the pilot of the airplane starts to fly in an east to west direction and crosses more than one or possibly two time zones, they can experience jet lag.

Passengers will not usually experience the symptoms of jet lag until they exit the plane. That is the time when their biological clocks will start to make internal adjustments inside their bodies to coincide more closely with the local time at their destination. If air travelers cross one, or even two time zones, their bodies can usually adjust very quickly. However, if a traveler is in poor health or not feeling well before the flight, jet lag can compound the problem. In general, you should allow one day to recover for every time zone your airline flight crosses.

The following suggestions may help you lessen the effects of jet lag when you fly.

If you can, try and get a good night's sleep the night before you fly. It's better to be well rested and relaxed before flying.

Eye shades, earplugs, and blow-up neck rests or pillows will help with your physical comfort. It is a good idea to turn the air nozzle above your seat off to prevent the cold air from blasting down on you. You may want to ask a flight attendant for a blanket to cover up so you don't get cold.

An aisle seat is a better choice if you tend to get swollen feet and legs when you fly. It is easier to get up and walk back and forth up and down the aisle occasionally to keep the circulation moving in your legs. This will help prevent deep-vein thrombosis which can occur if the circulation in your legs gets obstructed or cut off for any length of time. This is a serious medical condition that can happen when you fly.

Try to catch a flight that arrives at your vacation destination in daylight hours. Immediately fit in with the new time zone and do not go to bed. If you feel tired and want to take a short snooze, do it in a well lighted place.

In the evening, when you are tired, go to sleep in a darkened room. The darkness will help prepare your brain for sleep.

If you can, avoid looking at television or computer screens as they are bright and have high frequencies that can easily over-stimulate your brain.

Until your jet lag symptoms subside, do not consume alcohol or any drinks such as coffee and soda that contain caffeine, as they can disrupt your sleep.

You may want to consider taking a melatonin tablet or capsule (as many air travelers do) in the early evening (your time)

to help you adjust to the time zone at your destination. You may still have to take a dose of melatonin for the next three or four evenings in a row before you go to bed in this new location to help you readjust your biological clock. If you have never taken melatonin before, you should ask your doctor or local pharmacist for more information in regards to the suggested dosage.

There is also a product called No-Jet-Lag in convenient tablet form available in some international airports, pharmacies and travel related stores in North America, Europe, Australia and New Zealand, as well as in Asia. This is a homeopathic remedy that is safe and effective. Follow the suggested dosage on the bottle for the best results.

Dorothy Yamich has a passion for travel. She has lived and traveled extensively throughout Europe as well as traveled in North America, Central America, and the Caribbean. She is a travel consultant and specializes in luxury cruises as well as vacation packages. To quickly find and book cheap airfares, at the best price possible, every time you feel like traveling, visit [Travel Tips Guide](#), for more information.