

JETLAG



The mismatch between your internal clock and your external environment, following rapid travel across time zones.

You might experience: **sleep difficulties, altered mood, fatigue, stomach upset.**

Chronic misalignment between your clock and the environment can have long term effects such as **irregular periods, cognitive decline, increased appetite** and an **increased risk of cancer, heart disease** and **diabetes.**

How to Beat Jetlag

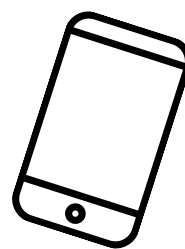
Consider your light exposure (seeking and avoiding light), sleep timing, and caffeine consumption when you travel:



1. Shift your schedule to match the new time zone when you arrive at your destination.
2. Shift your internal clock to your destination time zone before you travel. Travelling East, you will need to progressively fall asleep earlier and wake up earlier. Travelling West, you will need to progressively fall asleep later and wake up later.



For personalised advice on exact timings for particular trips, you can find jet lag calculators online, such as 'Timeshifter'. The advice will depend on the number of time zones crossed, the direction of travel, the number of days in your destination, and the timings of your flights.



Flying between New York and London



Land: 10pm EST Depart: 8pm GMT
Flight Time: 7 Hours
Time Zone Change: 5 Hours
Depart: 8pm EST Land: 8am GMT



Travelling West to New York

Adapting before you fly: in the days before you travel progressively shift your bedtime and waketime later by up to an hour each day. Exposure to bright light around your usual bedtime will help you to fall asleep later and wake up later.



Travelling East to London

Adapting before you fly: in the days before you travel progressively shift your bedtime and waketime earlier by up to an hour each day. Exposure to bright light around your usual waketime will help you to fall asleep earlier and wake up earlier.



Top Tips

- Avoid alcohol before sleeping
- Keep up healthy eating and exercise
- Stay hydrated
- Sleep in a cool, dark, quiet environment