

Jet lag is caused by the disruption of the body's "internal clock". It occurs when a long flight takes you through multiple time zones and can lead to altered bowel function, indigestion, tiredness, difficulty sleeping at night, poor concentration and disorientation. The symptoms gradually wear off as the body adapts to the new time zone.

Jet lag can't be prevented, and will only last up to 3 days however there are a number of ways to reduce the impact:

- Be as well rested as possible before you take off, hopefully having a good night sleep the night before departure. Try to sleep on longer flights, wear an eye mask & close the blind
- If possible, have a stop over to break up the flight
- Plenty of fluids and limiting alcohol are important to avoid dehydration. Alcohol can impair the quality of sleep and arriving with a hangover can exacerbate jet lag
- Eat light meals and avoid those high in fat and carbohydrates

On arrival, drink lots of fluids, avoid alcohol and caffeine before bed and participate in gentle exercise such as a walk. Try to adjust your eating and sleeping to the local time and if you are sleepy during the day, short naps of less than 45min can be of benefit.

For more detailed information see our Travel Vaccination Health Care Book

Phone: 9888 8177 | Fax: 9888 8937 | 400 Burwood Highway Burwood Vic 3125 | www.tvhc.com.au