

# Jet Lag

## What is It?

- Physical and mental effects caused by travelling rapidly across several time zones
- Disruption of your sleep-wake pattern or cycle

## Before Long Distance Travel

- Depart well rested
- Check what food, if any, will be available during flight
- Eat light meals
- Pack and carry enough food for duration of travel
- Drink lots of cool fluids
- Avoid alcohol
- Prior to take-off, set your watch to destination time
- Wear loose comfortable clothing
- Stretch and move around aircraft as much as possible
- Try to rest or sleep during the flight



## At the Destination

- Go to bed 1 hour early for each time zone crossed going west
- Go out in daylight as much as you can
- If you arrive in the morning allow yourself only a short nap
- Be active and socialize
- Try to eat meals at mealtime of the destination



## Effects of Jet Lag

- Fatigue
- Disorientation, fuzziness, irritability
- Headaches
- Problems with digestive system
- Long flight will cause:
  - Dehydration
  - Discomfort in legs and feet

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