

Six Ways to Cope with Holiday Jet Lag

Are you traveling by air over the holidays?

Even the best travel plans can include unwanted side effects, such as jet leg. You can help prevent and lessen the effects with these simple steps:

1. **Drink plenty of water.** Keep yourself well hydrated throughout the flight.
2. **Avoid caffeine or alcohol,** and limit your sugary drink intake - it sends your blood sugar on a rollercoaster ride.
3. **Food is harder to digest at high altitudes** so eat lightly during the flight and avoid the high-salt, high-fat entrees the airlines and airports tend to serve.
4. **Get up and stretch** now and then to stimulate your circulation, and dress comfortably.
5. **When you arrive,** expose yourself to as much natural daylight as you can. Light is the most powerful influence on timing of your body's internal clock.
6. **Consider melatonin.** You can take 2.5 mg of melatonin sublingually at bedtime for one or two nights to significantly reduce jet leg, regardless of the direction of travel.

