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**How to avoid Jet Lag using 3 simple methods**

**By Ebe Heng**

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Too tired to go for meetings when you arrive in your destinations or worse –too tired to enjoy your vacations? Jet lag is the effect of crossing one or several time zones really quickly, usually by plane. So, if you travel alot for business or are planning a vacation,this information will be invaluable to you. Because to be able to get the most of yout trip, you need to have better sleep and an increased level of energy.

Jet lag happens because our body temperature rhythm doesn't adjust to a new time zone as quickly as we'd like it to. Whenever you travel East, you are forced to sleep when you are not sleepy. Whenever you travel West, you experience feelings of drowsiness and tiredness earlier than everyone else.

If you are planning for a long vacation and want to spend your time enjoying it as much as possible instead of starving for sleep, or trying to force sleep at night, take the following precautions to set your sleep clock up for the journey well in advance:

**1. Proper Hydration**

When you fly in a plane for 8 hour, you would lose a lot of water. You may notice that your lips get really dry during a long flight. This is because there's zero humidity in the plane! And this means that water is literally evaporating out of you as if you were a puddle of cool aid on a hot summer day!

Drink lots of water when you arrive at your new destination and don't stop drinking throughout the day would immediately hydrate your body. And this would make adjusting to the new time zone much easier for you.

It's also a good idea to keep a water bottle with you on the plane. The little 100ml packages of water they give you on the plane don't hydrate you!

**2. Set your schedule in advance**

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The best strategy for going across several zones is to start changing your sleeping schedule several days in advance to the trip.

For instance, if you are travelling from Los Angeles to Hawaii, begin waking up and sleeping earlier gradually 3 to 4 days in advance, this will minimize the jet lag effect when you arrive at your destination.

Adjust your meals and your light exposure as if you were to be already there and following that schedule.

### 3. Shock your sleep system

When you arrive your destination, immediately adapt your sleeping schedule to the local time zone. For instance, if you arrive at 3Pm and you're feeling tired and drowsy, don't sleep! Wait it out and go to sleep at the time you normally would. This will put more pressure on your body temperature rhythm to adapt to the local time. If you try to adjust gradually it will take longer and make your vacation time less enjoyable!

Using these 3 simple methods should minimize the jet lag effects you experience, and allow you to get most out of your travelling! If you find that you're still feeling very tired and low on energy during your vacation, take a short 10–45 nap to recharge yourself.

How important is a good night sleep worth to you? Ebe Henghas co-created the ultimate, informative and useful sleep directories for anyone with any sleep related problems. Rid that insomnia bug and get the sleep that you deserved! Check out=> <http://www.1-2-sleep.com>

## **Help Jet Lag with Common Sense, Not Sleeping Pills**

**By Ted Belfour**

"Jet lag" can happen for a number of reasons. Basically, the body's system gets out of whack. This can be due to air travel, hence the origin of the name, when a traveler passes into another time zone. The term has also come to be used for similar situations, like people working shift work who get out of their daily routine during shift changes. Some symptoms include loss of appetite, headaches, fatigue, disorientation, upset stomach, insomnia and irritability. Jet lag, no matter why you have it, is not a comfortable feeling. In a work setting, it can mean the difference in attitude in working with others and even in work related accidents. In travelers, jet lag can mean the difference between a good trip and a bad one.

While sleep aids like blindfolds, ear plugs and small neck pillows are recommended for people who are traveling by air for great distances, sleeping pills are not. Taking sleeping pills often induces a deep sleep that becomes almost comatose. With little or no body movement during a long flight, the traveler might suffer from a blood clot. Plus, in a deep sleep state, a flight attendant or passerby might not

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notice if you are having a health problem because your body might not be able to react while you are knocked out.

So, leave the sleeping pills behind for your next long trip. Instead, pack a few items to make you more comfortable and walk and stretch in the aisles when it is permitted. You should also drink more fluids - non-alcoholic fluids - while flying to prevent dehydration.

The best way to deal with jet lag is to plan your travel to allow time for it. Generally speaking, jet lag will not linger more than 12 hours, the maximum time zone difference you can travel. Within that amount of time, you should start gaining your grounding again and having relief of symptoms. If you are planning air travel to attend a meeting or a conference, try to arrive early enough to have time to recuperate from anticipated jet lag.

If you have tried that and still have horrible jet lag, address it before you board your next flight. If you suffer from serious nausea or headaches with your jet lag, talk to your doctor before your next trip. Explain your symptoms and he or she can make suggestions or appropriate prescriptions for your ailments.

Dave is the owner of

and

websites that provide

information on jet lag

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