

Practices to prevent or reduce jet lag [NB1]

Adjustments	
Before travel	<p>starting 3 days before departure, shift both sleep and wake time by 30 minutes per day so that the sleep cycle more closely resembles the time zone at the final destination</p> <p>Eastward travel:</p> <ul style="list-style-type: none"> • go to sleep earlier and avoid light in the evening • wake earlier and seek bright light in the morning <p>Westward travel:</p> <ul style="list-style-type: none"> • go to sleep later and seek bright light in the evening • wake later and avoid light in the morning
Inflight	<p>set watch to destination time at the start of the flight</p> <p>keep as physically active as possible during the daytime hours at the final destination</p> <p>maintain adequate hydration by drinking water; avoid alcohol, tea and coffee</p> <p>only sleep during night-time at the final destination; minimise disruptions by wearing ear plugs, an eye-mask and layers of clothing to allow adjustment to temperature variation</p>
On arrival at final destination	<p>maximise exposure to sunlight during the day and establish a new routine of meals and activities (including exercise)</p> <p>adults: consider drinking 1 to 3 caffeinated beverages in the morning to improve daytime alertness; avoid caffeine after midday at the new time zone because it can delay night-time sleep</p> <p>delay sleep until night-time at the new time zone; if sleep deprived, take a short nap (up to 30 minutes) upon arrival at accommodation</p> <p>remain in the dark during night-time in the new time zone, even if unable to sleep.</p>
<p>NB1: If the stay at the destination is brief (eg less than 3 days), consider keeping home-based hours instead of adopting destination sleep hours because the body clock may not have adequate time to adjust.</p>	