

HOW TO RECOVER QUICKLY FROM JET LAG

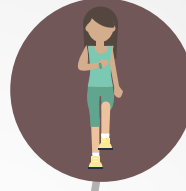
1. What you should always wear on a plane

Loose fitting and comfortable clothing and graduated compression socks



2. Inflight Exercise

Exercise your calf and foot muscles every half hour. Take a quick walk to get your circulation going once you arrive at your destination



3. Stay hydrated

The air inside a plane is extremely dry. Average comfortable humidity levels are between 40 – 70%. Humidity levels on a plane, however, can sink below 20%. Drinking water will help prevent headaches & fatigue .



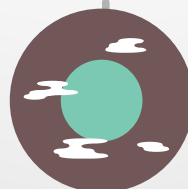
4. Adjust your watch

Prior to take off, adjust your watch to your destination's time zone. Try to sleep when it's night time at your destination. If it's daytime at your destination, try to resist the urge to sleep on the plane.



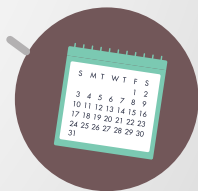
5. Enjoy the stopover

This can provide a welcome break from flying, help you adjust your body clock and give you the opportunity to explore a new city.



6. Allow a few days to adjust

If you can, avoid planning any intensive activities in the first few days of your trip, to give yourself time to adjust once you arrive.



7. Sunlight is key

If you travel east, avoid morning light but catch some rays in the afternoon. If you travel west, get as much light exposure as you can right before sunset.