

## Jet Lag Information Sheets.

Jet lag is a feature of flying long distances east-west or west-east through several time zones causing the travelers routine daily rhythm of activity and sleep to get out of phase. The main symptoms are exhaustion, disorientation, poor concentration, insomnia, loss of appetite, weakness and headache.

Some factors that will affect the jet lag are; noise of the aircraft, sitting for a prolonged period, lack of sleep during the flight, over-eating and excessive alcohol before and during the flight.

### *What should I do during the flight?*

Travelers are advised to do the following during the flight;

- Avoid drinking excessive amounts of alcohol and coffee.
- Drink plenty of non-alcoholic drinks especially water.
- Only eat when hungry.
- Wear loose, comfortable clothing.
- Try to sleep on the longer section of the flight.
- Close the blinds and wear the special eye masks.
- Try to take regular walks around the aircraft and exercise at stops.
- Keep your feet up when resting.
- Use a sleeping tablet for long flights.