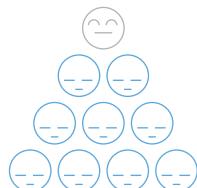


TRAVEL BETTER

JET LAG

Hop a plane across several time zones, and you may end up with what scientists call circadian dysrhythmia (aka jet lag). But fret not: "If you plan for it, you can do most of your acclimating to your destination a few days in advance," says W. Chris Winter, a Virginia neurologist and author of *The Sleep Solution: Why Your Sleep Is Broken and How to Fix It*. Here are some facts, techniques, and take-on-the-plane aids suggested by him and other experts to help you adjust to a new time in no time.



Per the American Sleep Association, 93 percent of travelers will experience jet lag at some point.



It takes about one day per hour of time difference for your body clock to adjust to a new time zone.

24

There are 24 standard time zones and many irregular ones.



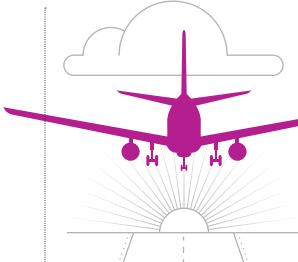
Flying from west to east is associated with worse jet lag than east to west.



DON'T BE AFRAID OF THE DARK

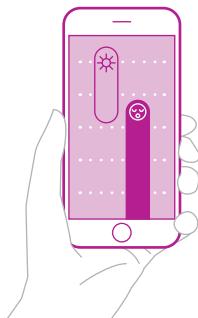
Blocking out light is key to getting shut-eye on the plane (a proven jet-lag antidote on overnight flights). If your destination is several hours ahead, wear sunglasses until you're ready to snooze, then strap on a sleeping mask. When your brain senses darkness, it starts to produce melatonin, the chemical

that initiates sleep. Use whatever tools you can to make your trip comfortable and silent. Instead of a traditional C-shape pillow, test out NapAnywhere, a flat disc that bends into a sturdy neck support. Add noise-canceling headphones or foam ear plugs to set the stage for slumber.



WAKE UP TO A NEW WORLD

Try to book a flight that lands in the daytime, since getting out into sunlight helps reset your body clock. "It jump starts you much more quickly," says Luxembourg-based sleep coach Christine Hansen.



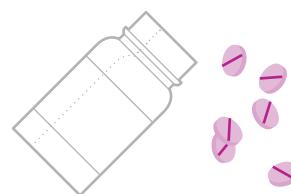
DO SOME ADVANCE PLANNING

You can minimize jet lag by adjusting your bedtime, light exposure, and caffeine intake a few days before your trip. Smartphone app Timeshifter generates a personalized pre-travel schedule.



LOOK INTO AIRLINE INITIATIVES

Airlines are exploring ways to reduce and treat jet lag. Qantas is partnering with the University of Sydney to study the impacts of in-flight temperature and light, while Singapore Airlines has joined Canyon Ranch spa to develop menus and exercises.



CHOOSE WISELY

Taking melatonin, which is also made naturally by the body, can help you doze off in the air or in a new time zone. Unlike a prescription sleep drug, it won't sedate you for hours—for better or worse.