1. Understand the science of jet lag

We have a 24-hour circadian clock that helps us manage the regular rhythm of our day. Jet lag is caused when the sleep/wake and light/dark cycle shifts too quickly for our circadian clock to keep up. The key to quick adaptation is light. The right light exposure at the right time significantly accelerates your adaptation to a new time zone. Seeing light at the wrong time will make your jet lag worse.

2. Download the Timeshifter app

3. Get ready for your first timeshift

Your first jet lag plan might seem complicated, but it's actually easy to follow, and very empowering. Here are a few tips that will help you timeshift for the first time.

- You can avoid light everywhere.
  If Timeshifter tells you to avoid light, and you can't avoid it because you're out in the sun or in a brightly lit room, just put on your favorite sunglasses.

- You can get exposed to light anywhere.
  If Timeshifter tells you to see light when you're in a dark room/airplane, just turn on any available lights and/or increase the brightness on your computer/tablet.

- What if I can't sleep on a plane?
  If Timeshifter suggests you sleep or nap on the plane and you can't fall asleep, just keep your sleep mask on to avoid light, and try to relax as much as you can.

- Follow the advice as much as possible.
  Don't worry, we will tell you exactly what to do and when to do it. You don't have to do everything perfectly, but the more you do, the less jet lag you will experience.

4. Remember to pack (in your carry-on bag)

Sleep mask + Sunglasses + Melatonin (if you choose to use it)

Happy timeshifting