

## Dealing with Jetlag

Please take this seriously. We recommended a few things that players need to do to help with this adjustment to the time difference. Here is a rundown of what I suggested:

- Make sure to take care of yourself this week – Get your rest, eat well and stay hydrated.
- When the lights go down, get your sleep. Getting a few hours of sleep on the flight over helps with transitioning to the new time.
- Stay hydrated on the flight – Being in the airport and eating the food can dehydrate you. Stay away from caffeinated drinks and drink as much water as you can. Drink WATER! Stay away from fatty and high carb foods which effects sleep patterns.
- Get into routine immediately – Once we hit the ground, it will not be time to take a nap. We will get right into our schedule.
- Start adjusting internal time clock now – Try going to bed a little later and getting up a little later each day leading up to Holland. This may alleviate the time change by a day or two.

## Other Information and Suggestions

**How to Cope with Jet Lag** – What is jet lag and why do you get it? – For international travelers, the symptoms of jet lag are all too familiar. Disturbed sleep, daytime fatigue, difficulty concentrating and functioning, and even stomach problems are a fact of life. Fortunately, while you may not be able to eliminate jet lag altogether if you're traveling across multiple time zones, you can lessen its effects with some simple strategies. First, it helps to understand what jet lag is and what causes it.

**What Is Jet Lag?** – Jet lag can occur any time you travel quickly across two or more time zones. The more time zones you cross, the more likely you are to be sleepy and sluggish – and the longer and more intense the symptoms are likely to be. Jet lag is a temporary sleep disorder, but not temporary enough for many travelers. While traveling to Holland, it may take five-six days to fully recover. That's because it can take up to a day for each time zone crossed for your body to adjust to the local time. Jet lag is generally worse when you "lose time" traveling west to east. If you're an older adult, jet lag may hit you harder and recovery may take longer.

**What Causes Jet Lag?** – Jet lag happens because rapid travel throws off our circadian rhythm – the biological clock that helps control when we wake and fall asleep. Cues such as light exposure, meal times, social engagement, and activities regulate our circadian rhythm. When you cross time zones, it disrupts those, and your internal clock and the external time are desynchronized. Your body needs to get on the rhythm of the new time zone. Other aspects of air travel can aggravate the problem. A study published in the New England Journal of Medicine in 2007 found that air cabins pressurized to 8,000 feet lower oxygen in the blood, making passengers feel uncomfortable and dehydrated. And people don't move around as much as usual on an airplane.

**Tips for Dealing with Jet Lag** – Some of these strategies may help prevent or ease jet lag:

- Simulate your new schedule before you leave – If you're traveling west, start moving your bedtime later. Shift it a half-hour earlier each night for several nights before you leave. You can also try moving your meal times closer to the time you'll be eating in Holland.
- Adapt to your new schedule while in flight – Change your watch when you get on the plane. This is mostly psychological, but it helps you get into the mind-set of what you'll be doing in the place where you're going. Try to sleep on the plane if it's nighttime where you're going or stay awake if it's daytime – but don't force it.
- Stay hydrated – Drink water before, during and after your flight to counteract dehydration. Avoid caffeine before you plan to sleep. Caffeine can disrupt sleep and may cause dehydration.

- Move around – Get up and walk around periodically, do some static exercises, and stretch on the flight. But after you land, avoid heavy exercise near bedtime, as it can delay sleep.
- Eat sensibly – Many travelers swear by jet lag diets – eating a heavy diet for a few days before travel and fasting on flight day. No diet has been proven effective for preventing jet lag, however. Do not eat a high carb or fatty diet close to bedtime because that can be disruptive to sleep.
- Take a shower before bedtime – A shower can ease sore muscles from travel and help you relax and wind down. The drop in your body temperature when you get out may make you sleepy.
- Minimize sleep distractions – An eye mask or earplugs may help you sleep on the plane and at your destination. Try to eliminate distractions in your room at bedtime.