

PREVENTIVE MEASURES FOR TRAVELERS

Prior to Travel

- Stay healthy by continuing to exercise, eating a nutritious diet, and getting plenty of rest.
- Combine melatonin with timed natural light exposure prior to and during travel (WITH YOUR PHYSICIAN'S APPROVAL AND DIRECTION ONLY).
- Break up the journey with a stop-over.

Note: The use of the nutritional supplement melatonin is controversial for the prevention of jet lag. Some clinicians advocate the use of 0.5 mg to 5 mg of melatonin during the first few days of travel, and there are data to suggest its efficacy. However, the quality control of its production is not regulated by the U.S. Food and Drug Administration, and contaminants have been found in commercially available products.

Current information does not support the use of special diets to ameliorate jet lag.

During Travel

Travelers are advised to:

- Avoid large meals, alcohol, and caffeine.
- Drink plenty of water.
- Move around on the plane to promote mental and physical acuity.
- Wear comfortable shoes and clothing.
- Sleep, if possible, during long flights.

Upon Arrival at the Destination

Travelers are advised to:

- Avoid situations requiring critical decision-making, such as important meetings, on the first day after arrival.
- Adapt to the local schedule as soon as possible. However, if the travel period is 2 days or less, travelers should remain on home time.
- Optimize exposure to sunlight following arrival in either direction.
- Eat meals appropriate to the local time.