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Jet Lag And How You Can Avoid It

A lot of people find that it is very hard to handle jet lag and the first day of their trip can be really ruined because of it. So that is why anyone who is flying long haul will probably want to do everything in their power to avoid it. If you want to know how you can avoid bad jet lag, then the tips below should help.

- Changing your watch before you fly to the time that it will be in your destination when you arrive is a good idea. It is much easier for you to get used to this time if you are looking at it for some time before you get there.

- Try and get into the sleeping and eating routine for your intended destination even before you land. Try and catch a nap on the plane if it is night time in your destination; do this even if your time is during the day. If it is dinner time over there but breakfast time where you have left, you should try and eat an evening meal. The transition will be much easier for your brain to cope with if you do this.

- Avoid drinking alcohol if you can and make a point of staying hydrated. A lot of people make jet lag worse due to physical symptoms associated with dehydration and alcohol consumption. Even though alcohol is a liquid, the fact that it makes you go to the toilet a lot is counterproductive so keep this in mind. The same goes for coffee.

- You will feel much fresher if you have meditated for just twenty minutes so you should make a point of practicing this if you can.

- It is important not to get stressed out during the trip. Be sure to wear clothes that are comfortable and take something with you that will relax you such as a good book or music that you like.

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