

Jet Lag

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Jet lag can be a problem if you are going from one time zone to another. If you left Minneapolis at 8 a.m. for Paris, France, you will arrive at 3 p.m. Your body will need time to adjust to your new schedule.

Jet lag may make you:

- feel tired or irritable
- cause bladder or bowel issues
- cause an upset stomach or headache
- affect your ability to sleep well.

It is not serious but jet lag can make it hard for you to enjoy your vacation the first few days.

If you travel often for business, you may be expected to travel long distances and start work soon after you arrive. This can affect your mood, ability to concentrate, how you feel and how well you can work.

There are some things you can do to reduce the chance that you will be affected by jet lag.

Before You Travel

- Get exercise, eat healthful foods and get plenty of rest.
- A few days before you leave, start going to bed an hour or two later than usual (before traveling west) or earlier than usual (before traveling east) to shift your body's clock.

During Travel

- Avoid large meals, alcohol and caffeine.
- Drink plenty of water.
- On long flights, get up and walk around.
- Sleep on the plane, if you can.

After You Arrive

- Plan your activities for the time of day or night you arrive.
- Don't make any important decisions the first day.
- Eat meals at the appropriate local time.
- Spend time in the sun.
- Drink plenty of water. Avoid lots of alcohol or caffeine.
- If you are sleepy during the day, take short naps (no more than 30 minutes) so you can still sleep at night.

You may feel the jet lag more when you travel to the east because the day is shortened.

Adapted from the Centers for Disease Control and Prevention.