



**StopJetLag™**

## Your Stop Jet Lag™ Plan

Your Stop Jet Lag Plan is designed to help you eliminate the debilitating effects of jet lag, safely and effectively. The instructions are prepared specifically for *you* using your *exact* flight schedule. For best results, follow the instructions carefully and completely. Even if you can't adhere to the plan in its entirety, the more you can implement, the further your jet lag will be reduced.

### What is jet lag?

Jet lag symptoms occur when your body clock (which signals when to eat, sleep, and wake up) is out of synch with your environment.

Stop Jet Lag orchestrates the use of bright light exposure, melatonin supplements, food, caffeine, and exercise by sending your brain the right signals, at the right time to achieve smooth, effective time zone transitions.

### Exposure to Bright Light

Bright light exposure can strongly influence your body clock. When scheduled for exposure, the light source should mimic outdoor daylight; the brighter the better. Follow the bright light exposure patterns for two days after arrival. When outside during 'Avoid Bright Light' periods, wear sunglasses.

### Altering Sleep Patterns

The Stop Jet Lag plan considers your flight complexities, relative to your sleep patterns, to help you avoid sleep deprivation by determining the best time to ensure 'core sleep' periods. Following the rest and activity periods will make it easier to transition to the right sleep schedule at your new destination.

### Melatonin Supplements (Optional)

The affects of melatonin supplements, as defense against jet lag, have been well documented. Although eating the right type of meals, at specified times, helps your body produce melatonin naturally, the addition of melatonin pills can enhance this effect. Consult your physician before using melatonin supplements if you have an autoimmune condition, depressive disorder, are pregnant or nursing, or under 12 years of age. The recommended dose of melatonin is 3 to 5 mg. A sleep mask, which simulates darkness, is helpful in natural melatonin production.

### Meals: What to eat, when

Stop Jet Lag uses the naturally occurring fluctuations in your body's energy reserves to help switch your sense of time to a new pattern. During pre-flight days, the alternating large meal/light meal pattern builds up and depletes glycogen (blood sugar) reserves, which prepares the body's clock for adjustment. During light meal days, meals should be small and low in calories. Be sure to consume enough food on light meal days to avoid any feeling of weakness.

On large meal days, consume significantly more calories than usual; breakfasts and lunches should be high in protein (eggs, meat, fish, dairy products, legumes, etc.), but suppers should be high in carbohydrates (rice, pasta, potatoes, ce-

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reals, etc.). Try to consume 2/3 of your daily protein foods at breakfast and lunch. You can refer to the plan's "Sample Meals" attachment for additional information.

Meals don't have to be typical for the time of day, as long as the content and serving size reflect your recommended plan. For instance, if the airline is serving a breakfast of either French toast or a cheese omelet, and you are scheduled to have a high carbohydrate supper, choose the French toast because of its high carbohydrate content.

Following the Stop Jet Lag plan on the final day, before changing to a new time zone, is most critical. High-protein meals signal your body's active phase. That's why many recommendations include eating a larger, high protein breakfast on destination time to signal a pattern change.

### **Caffeine do's and don'ts**

If you regularly drink caffeine, it's important to follow the caffeine guidelines in your plan. In general, caffeine causes a short period of stimulation followed by a drop in the glycogen (blood sugar) level. The program takes into consideration the affects of caffeine based on when it's consumed ~ hence some of the timing of its use may seem counter-intuitive.

While ingesting caffeine, avoid using sugar (sugar substitutes are OK) and cream or eating sweets. Also, proper timing and minimal use of caffeine in the days prior to a time zone shift increases your sensitivity to its 'trigger' effect during the time zone transition. Caffeine is in many products. See the enclosed Caffeine Chart for details on specific caffeine content. Decaffeinated beverages can be used at any point during the Stop Jet Lag regime.

If you don't regularly consume caffeinated

beverages, the use of caffeine during the Stop Jet Lag program is not recommended.

### **General Travel Tips**

- Consult your physician if you have any condition that may be affected by following your Stop Jet Lag plan.
- If possible, contact the airlines at least 24 hours before flights to request appropriate in-flight meals and snacks.
- Carry on an 'In-flight Bag' with sleep mask, slipper socks, inflatable neck pillow, travel alarm, toothbrush/toothpaste, lip balm and a few snacks (high-protein – e.g. cheese or nuts, high carbohydrate – e.g. raisins or energy bars).
- Wear loose clothing and take your shoes off in-flight
- Drink lots of fluids in-flight; water is best
- Avoid alcohol or limit its use – alcohol dehydrates; red wine, sherry and port can aggravate congestion; it adds calories on light meal days.
- Reduce or eliminate smoking. The carbon monoxide in cigarette smoke reduces the blood's ability to carry oxygen and can cause headaches or slight dizziness.
- If you wear contact lenses consider removing them while in-flight; the dry atmosphere can cause irritation.
- Use a blanket and pillow during 'rest/sleep' phases. The blanket helps maintain body temperature as your metabolism slows down, and the pillow will help trigger a rest/sleep response.
- To help 'wake to a new time zone' after a rest/sleep period, stimulate your circulation by exercising. Get up, breathe deeply, stretch and move around the plane as much possible. Wake-up mentally by doing an activity that requires concentration; converse, read, play a game.

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## **Travel safe and jet lag free!**

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