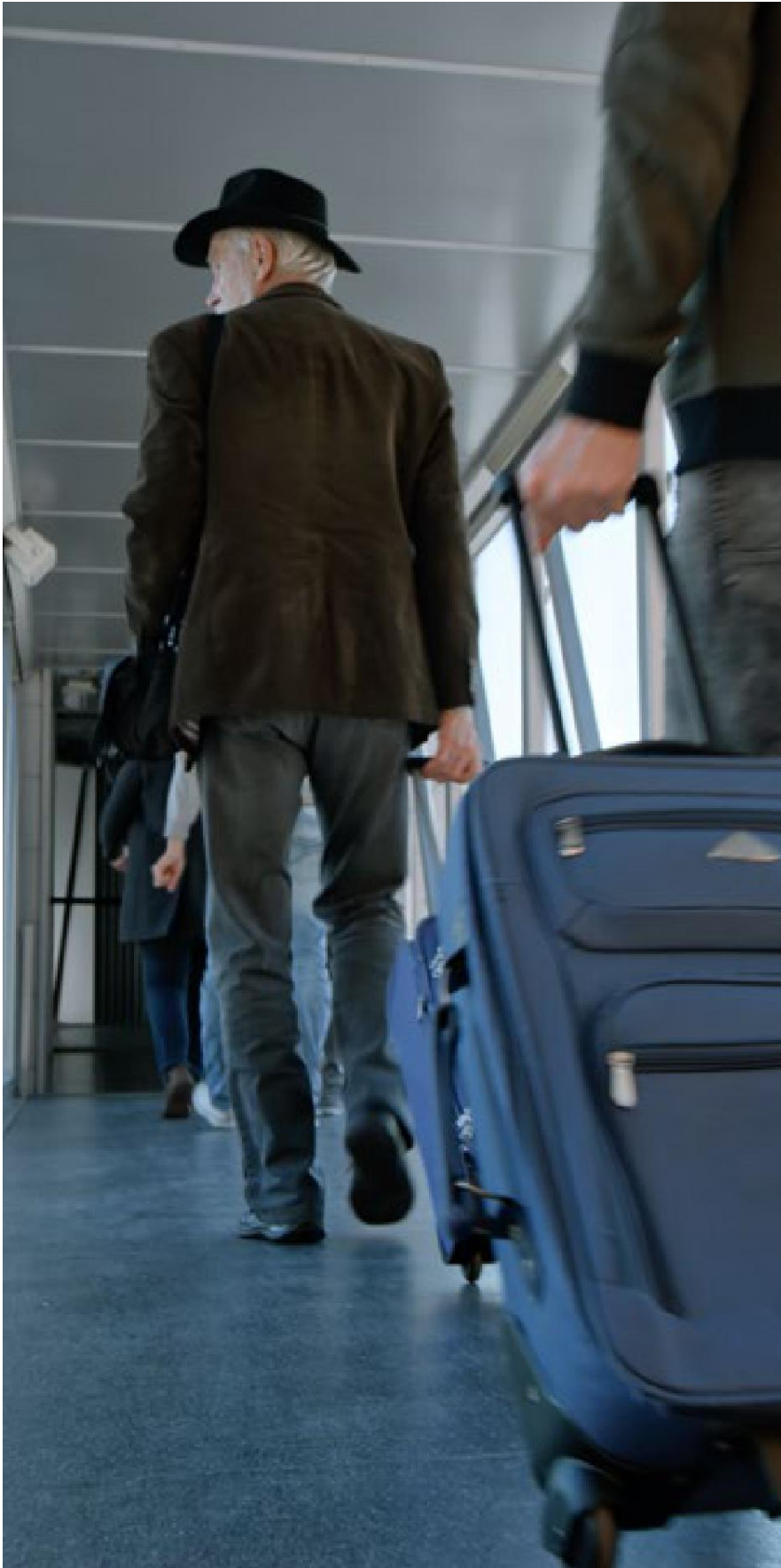




## Jet Lag



### Overview

You've just flown across time zones, and now you don't feel quite right. You may be groggy, tired and cranky. You're getting hungry at odd times. You have jet lag. It's a problem for many air travelers.

### Causes

What causes jet lag? Well, it's linked to your circadian rhythm. That's the 24-hour cycle of sleeping and waking that your body follows every day. When you travel to a new time zone, your body has to adjust your circadian rhythm to match the new time. That takes a few days to happen. And while you're adjusting, you can have unpleasant symptoms.

### Symptoms

Jet lag can make it hard for you to sleep at your usual time. You may get sleepy earlier or later than normal, depending on which direction you've flown. This makes you tired during the day. It may be hard for you to concentrate. You may have trouble eating at mealtimes. You may have things like headache, anxiety, irritability and depression.

### Treatment

There is no cure for jet lag. Fortunately, it tends to go away on its own after a few days. So when you're staying in a new time zone, follow the new sleeping and eating times as much as possible. This helps your body adjust. Drink plenty of water, and avoid caffeine. Spend time out in the sunlight. And, if you're having trouble staying awake during the day, a short nap is OK.