

# 17 TIPS FOR MINIMIZING OR BEATING JET LAG FASTER

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[travelswithtalek.com/jet-lag-reduce-effects-faster](http://travelswithtalek.com/jet-lag-reduce-effects-faster)

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Beating jet lag is possible. Here are 17 tips for beating or minimizing jet lag that are easy to follow.

After traveling across multiple time zones you feel sluggish and fatigued upon arrival. At your destination, you're sleepy when everyone else is wide awake and you find it difficult to get to sleep at bedtime. This is jet lag, a pain in the neck most travelers encounter.

You may not be able to prevent jet lag entirely, but you can certainly minimize the effect as well as the length of time you are subjected to it. These tips should help lessen the effects of jet lag so you can get to the serious business of having fun sooner.



Jet lag can really knock you out

## MINIMIZING JET LAG BEFORE YOUR TRIP BEGINS

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1. Adjust to your new time zone to help beat jet lag

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Begin to slowly adjust to your destination's time zone for a few days before your flight. Go to sleep and wake up earlier by half an hour each day, or sleep and wake later depending on the direction you are going and your point of departure; east to west or west to east. Although you will still feel jetlagged, the closer you get to your destination's sleep pattern the less the effects of jet lag are likely to be once you arrive.



Crossing many time zones quickly will cause jet lag

## 2. Consider melatonin

Consider over-the-counter melatonin to ease you into your destination's time zone. Some travelers swear by it, and others claim it has no effect on them whatsoever.

## ON YOUR FLIGHT

### 3. Set your watch

Set your watch to your destination's time zone as soon as you board the plane. This is purely psychological but why not give yourself every shot at reaching your objective of less jet lag. Try to sleep on the plane if that is your destination's sleep pattern or strive to stay awake if it isn't.



Adjust to your destination's time zone as soon as you can

#### 4. Choose your plane seat carefully

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If you plan to sleep on the plane try to choose your seat beforehand to ensure you get a seat more conducive to sleeping, like a window seat to lean your head.

Jet lag is for amateurs. Dick Clark

#### 5. Get the right sleep gear

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Minimize sleep distractions. Use sleep masks to cover your eyes in order to control light exposure on the plane. I like the soft, silky mask with an adjustable strap. Check it out [here](#).

Use earplugs to help drown out the noise. I find the noise-canceling headphones are too bulky to sleep with and the regular foam ones don't isolate noise as well. A good alternative is custom-molded [earplugs](#); unbeatable noise cancellation, small and they mold to your own ears.

#### 6. Avoid caffeine and alcohol.

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Although a drink might make you sleepy, you are more likely to wake up before you've completed a restful sleep. Alcohol or caffeinated products will disrupt a person's internal biological clock.

#### 7. Hydrate, and then hydrate some more

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Drink water several times during your flight. Hydrate, hydrate, hydrate!



HYDRATE, HYDRATE, HYDRATE!

## ONCE YOU ARRIVE AT YOUR NEW DESTINATION

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### 8. Indulge in a warm bath

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Try a warm bath upon arrival at your destination. It can relax you and relieve sore muscles from traveling on long flights.

### 9. Adapt the meal patterns of your destination

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Begin adapting as soon as you arrive; have lunch when everyone else is having lunch even though your body is telling you it's midnight.

Jet lag is your soul trying to catch up after flying. Ryan Ross

### 10. Follow your regular sleep pattern

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Upon arrival at your destination, follow your usual sleep routine in the new time zone.

### 11. Exercise

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Exercise is the answer to so many questions and issues. It will also help with jet lag. Get some exercise but not too close to your bedtime. Here are some other tips on [how to exercise while traveling](#).

## 11. Embrace the sun

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Get sunlight as soon as you arrive. It will help to normalize your sleep pattern.



Get some sunlight as soon as you can

## 12. Avoid blue light at bedtime

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Exposure to tech gadgets; phone, tablet, eBook, etc. before sleep will disturb your sleep. Avoid this.

## COMING HOME

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### 13. Select the appropriate return flight

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Pick a flight that lets you arrive later in the day and strive to stay awake until 9 or 10 p.m. local time. If you absolutely have to nap, make it short. No more than a couple of hours.

### 14. Be nice to yourself

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Treat yourself well on your return. Don't force yourself to return to work the next day unless absolutely necessary. If you must return to work immediately, don't schedule overly challenging activities.

## 15. Eat right

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Choose nutrient rich meals like grains, fruits, and veggies. These will help you with beating jet lag and is one of the easiest ways to stay healthy while traveling.

## 16. Limit alcohol

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Let your body adjust to your home sleep patterns naturally, resist the temptation to help the process with alcohol.

## 17. Sunlight and water

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Just like the jet lag prevention tips at other stages, hydrating and exposure to sunlight are key and will help you adjust to your regular time frame faster.

What are some of your tips for minimizing or beating jet lag? Share your tips with us.

BTW, if you are getting ready for your trip, make sure to take advantage of these useful, **money-saving links** to book your trip:

- Research and **book your flight** with Skyscanner. I have found them to be the best because they list all airlines including the budget ones. You are always sure of having researched all options.
- For **car rental in Europe** that has flexible pickup and drop-off options, I recommend Auto Europe.
- You can also **book your car rental** through Skyscanner.
- **Book your accommodation** with Booking.com. I find they have the widest selection and a nice, user-friendly, transparent website.
- If an **Airbnb** experience is more your style, book Airbnb here and get a \$40 credit towards your first stay.
- **Protect your trip** and, more importantly, protect yourself with travel insurance. I use World Nomads and have been very happy with them.
- Looking for a **small group tour** to unforgettable destinations with top professionals? Intrepid Travel is your choice.
- For more **general tours** to any destination or attraction, **book with** Viator. Check them out.
- Need a visa? **Get your visa** for all countries with iVisa.

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