

REDUCE JET LAG

WITH THESE EASY TRAVEL TIPS

SLEEP ON THE PLANE

It's tempting to stay up watching movies, but try to sleep. A good neck pillow, eye mask and noise-cancelling headphones will help.

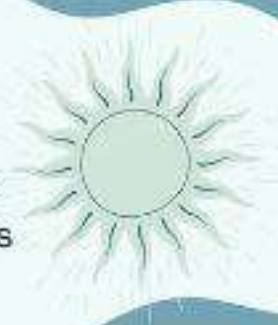


ALLOW RECOVERY TIME

Add 1-2 days to your itinerary to rest, recover and do some light exploring. Ease into your travel.

FACE THE SUN

Tell your body which time zone you are in. If it's sunny, get outside, face to the sun. Getting some sun like this will help to re-set your body clock.



DRINK PLENTY OF WATER

Stay well-hydrated on the plane and upon your arrival. This helps to reduce the impact of jet lag. Avoid drinking alcohol too.

ADAPT TO THE TIME ZONE

Adapt quickly to the new time zone that you arrive in, and sleep when the locals would usually sleep.



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