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NINE WAYS TO COMBAT THAT JET LAG

If you're planning on going further afield than Oman, here's how to keep your sleep on track. Sarah Zakzouk, Sports And The City

Jet lag won't stop me wanderlusting, but it will stop me from sleeping. I recently flew from Dubai to San Francisco direct. Here's what I learned about what happens to the body as it crosses time zones, and how to reset that internal clock on long-haul flights.

1) PLAN AHEAD

A few days before you fly, get a little more flexible with your usual routine. Delay your eating times a little or bring them forward depending on which way you're flying. Try to adjust your sleep in favor of your next time zone, so you don't put your body into total shock when you get there.

2) GET A GOOD NIGHT'S SLEEP

As much as you want to wear yourself out in anticipation of that flight (thinking you will sleep your way through it), this isn't a good strategy. It's likely to cause your body even more disruption. Get a decent sleep the night before you travel, and start your journey well rested.

3) SET YOUR WATCH

It helps to set your watch to your next

time zone so you know where you'll be when you land. One word of caution: wait until you have boarded the flight to set your watch, otherwise you are quite likely to miss it altogether.

4) AVOID THE CAFFEINE

You're going to hate me for this, but it's true - caffeine is only going to exacerbate your jet lag issues. Try some chamomile tea, or decaf coffee if you really need your caffeine fix.

6) EAT RIGHT

Try to not mess up your eating routine when travelling. Say you're taking an overnight flight and it's going to take you nine hours to get to your destination. Rather than eating the plane meal at midnight, focus on getting some rest and sleep through. You wouldn't be eating at this time normally, so no need to in this instance. When you wake up, breakfast is served!

6) HYDRATE, HYDRATE, HYDRATE

It can feel pretty dry and dehydrating in the regulated cabin environment, so be sure to drink plenty of water, which will keep you hydrated and less irritable on a

long-haul flight. Before you fly, eat foods that are high in water content and avoid fatty or salty foods that are just going to make you thirsty.

7) RELAX

Try some basic meditation techniques and take yourself out of the cabin environment (mentally that is). Close your eyes, think of where you actually want to be and count to 10. Then repeat. Acknowledge your thoughts and allow them to pass through your mind.

8) POST-FLIGHT EXERCISE

I can't say I am too keen on this one, but one of the best things you can do after a long-ass flight is to get yourself to the gym. If you don't have access to a gym, then go for a run, a swim, bike ride, a brisk walk even.

9) RESIST THE URGE TO SLEEP

This is the hardest one. You get to your hotel room and the bed is so very inviting, teasing you with those crisp white sheets - but don't do it. You need to get your circadian rhythm back in sync, so stay awake until a normal bed time in your new city.