**Information**

Jet lag often causes sleep deprivation and circadian rhythm (body clock) disruption. These may lead to adverse consequences that may affect athletic ability. It is important to understand what to do to prevent jet lag or minimize the effects of it.

**Application**

2 Weeks Prior to Travel

- Contact airline to arrange for special in-flight meal. Most airlines offer Diabetic, Heart Smart, High-fiber, Low-Sodium, Low-fat, and various vegetarian options.
- Contact airline to request specific seat assignments.
- Purchase ear plugs, sleep mask, and/or compression socks, if desired.

6 to 1 Days Prior to Travel

- Adjust sleep/wake cycle 2.5 hours (East Coast) to 3 hours (West Coast) earlier over 6 days. For specific protocol, refer to the USOC Performance Services Handout “Jet Lag Countermeasures and Travel Strategies”.

2 to 1 Days Prior to Travel

- Pack Travel Nutrition Kit (enough for flight, layovers, wait times, delays) and check government website for current guidelines (www.tsa.gov)
  - Water bottle
  - Sandwich or portable meal
  - Fruits (fresh, dried, juice)
  - Sports bars, crackers, dry cereal, and/or bagels
    - Fluid (warm and cold) and fiber, along with moving around, will help with constipation.
Day of Travel

✓ Ensure you are well-hydrated.
✓ Put travel nutrition kit in carry-on luggage.
✓ Put ear plugs and/or sleep mask, if desired, in carry-on luggage.
✓ Wear compression socks, if desired.

In-Flight

✓ Set watch to destination time upon take-off.
✓ Immediately adjust eating schedule to destination time zone (not to airline serving schedule).
✓ Consume at least 8 ounces of fluid every hour.
✓ Monitor hydration status. Urinate every 2-3 hours.
✓ Get up and walk around at least once every 2 hours.
✓ Avoid alcohol.
✓ Only consume caffeine if you are caffeine-habituated.
✓ If you do consume caffeine, do so on the destination time zone.
✓ If you sleep on the flight make sure to coordinate sleep cycle with destination time zone.