

TIPS TO MINIMIZE JET LAG AND MAXIMIZE GOOD SLEEP

Jet lag is experiencing extreme tiredness and/or other detrimental physical effects after a long flight across several time zones. Be proactive to beat it – you won't want to miss out on anything!

KNOW THE TIME DIFFERENCE BETWEEN YOUR HOME AND ISRAEL: [Israel's current time](#) is *ahead* of the US and Canada. Time differences in U.S./Canada time zones; Israel is...

- **10** hours ahead of **PST** (Pacific Standard Time)
- **9** hours ahead of **MST** (Mountain Standard Time)
- **8** hours ahead of **CST** (Central Standard Time):
- **7** hours ahead of **EST** (Eastern Standard Time):
- **6** hours ahead of **AST** (Atlantic Standard Time - Canada only)
- **5** hours ahead of **NDT** (Newfoundland Daylight Time - Canada only)

SOME SUGGESTIONS TO HELP BEAT JET LAG:

- Change your watch to Israel time when you board the plane. Psychologically, this will help you transition to Israel time.
- Control your sleep time. Using California as an example: there is a 10-hour time difference between Israel and California. If you are serious about wanting to reduce jet lag, consider drinking as much caffeine as needed (using wisdom for your system) to stay up all night and throughout the next day until you board your plane. Calculate the time you would need to go to sleep by 10 PM Israel time and sleep through until 6 AM or 7 AM the next day, Israel time. Use doctor-approved, safe doses of as much sleep aids as needed to get good sleep when you need it. If you wake up too early, take more to fall back to sleep. *Note: limit your caffeine several hours before sleep time.*
- One helpful over-the-counter sleep aid is Melatonin. Melatonin is naturally secreted in our bodies; it helps to regulate our circadian rhythms for sound sleep. One doctor suggests taking three milligrams of melatonin an hour or two before your destination's bedtime, then try to sleep for ten hours. *Check with your doctor before using.*
- An eye mask or earplugs may help you sleep on the plane (and at your destination).
- Stay hydrated; drink water before, during, and after your flight.
- Avoid alcohol and caffeine before sleeping. They can interfere with your sleep and may also contribute to dehydration.
- Avoid high carbs and fatty food close to bedtime, to not disrupt your sleep.
- On the flight, get up and walk around periodically, do static exercises, and stretch.

- When in Israel, avoid heavy exercise close to bedtime - it can delay sleep.
- Try your hardest to *not* allow yourself to take a nap or fall asleep before your regular bedtime!
- A hot bath before bedtime can ease sore muscles from travel and help you relax and wind down. The drop in your body temperature when you get out of a bath may make you sleepy.
- Try to eliminate distractions in your room at bedtime, such as light shining in through a window; close the shades.
- Starting with your first touring day, wake up on time, stay alert, and get as much sunlight as possible in the early morning hours. The light helps shift your body's circadian clock so that you feel rested and awake at appropriate times.
- A good sleep machine with white noise and/or other comforting sounds masks background sounds which might otherwise prevent you from either falling asleep or staying asleep. If you purchase a sleep machine, make sure it is either 220 volt or dual voltage. You can have these apps on your smartphones as well.

RETURNING HOME

For most travelers, jet lag is more of an issue upon returning home than arriving in Israel. If possible, allow yourself at least one day to do *nothing* – just relax, sleep when you feel like it, and de-stress! Don't even unpack - *unless you are one of those rare, super-energized individuals*. Then, try to adjust your sleep to your original schedule. One of the best things you can do is to take an early morning walk; allowing the early morning light exposure to penetrate your skin and help your body adjust to your former circadian clock and morning wakeup time. Try to keep naps to a minimum.