

Title:

Help Jet Lag with Common Sense, Not Sleeping Pills

Word Count:

401

Summary:

^Jet lag~ can happen for a number of reasons. Basically, the body's system gets out of whack

Keywords:

travel

Article Body:

^Jet lag~ can happen for a number of reasons. Basically, the body's system gets out of whack.

While sleep aids like blindfolds, ear plugs and small neck pillows are recommended for people

So, leave the sleeping pills behind for your next long trip. Instead, pack a few items to make

The best way to deal with jet lag is to plan your travel to allow time for it. Generally speak

If you have tried that and still have horrible jet lag, address it before you board your next

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