

Title:

Avoid Jet Lag On Airline International Travel

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804

Summary:

There's nothing more aggravating than arriving at your destination groggy and red-eyed. Jet la

Keywords:

airline international, airline reservation, airline tickets,airfare

Article Body:

There's nothing more aggravating than arriving at your destination groggy and red-eyed. Jet la

Preflight preparation is one of the most important aspects of combating jet lag. Before leaving

There is evidence that jet lag is less acute on eastward rather than westward flights, as it i

Drink plenty of non-alcoholic fluids, since the dry air in airplanes causes dehydration. Water

A blindfold, neckrest or blow-up pillow, and ear plugs can help you get quality sleep while fl

Get up and exercise frequently. Walking up and down the aisle, standing for short periods, and

There are many products purported to prevent or cure jet lag. One of them is melatonin, a horm

If you plan to use melatonin, it is important to take it at the right time or it may make matt

For westward travel, melatonin will not help if you are going less than five time zones to the

Sleeping pills are not advisable, especially on the plane. They produce a drugged state which

Hopefully these tips will help you arrive at your destination awake and energetic.

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