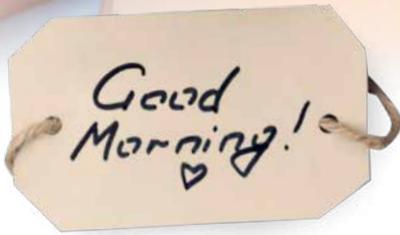




**SAY BYE
TO JET LAG**

CURE FOR THE SLEEPLESS

Spare your globetrotter self from becoming a tired, confused wreck after touchdown with medically-backed jet lag-conquering advice



MEET THE SLEEP EXPERT

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psywellness.com.sg



PRE-FLIGHT Set a new snooze time

Gradually changing your regular sleep pattern to your destination's time zone several days before your flight gives your circadian rhythm (sleep/wake cycle) ample time to adjust. Also, most people get shut-eye easier when they're in their own beds, so it's best to do the body clock-shifting at home.

Rest up

A common mistake that most long-haul travellers commit is exhausting themselves before the trip and then attempting to get quality sleep aboard the plane. Cramping in tons of activities pre-flight will only leave you sleepless and anxious, so remember to catch a solid eight-hour slumber to better cope with jet lag.

Strategise flight schedules

Ease into a new time zone by booking flights that allow you to snooze through the night and arrive in the daylight. Trust us; you'll be more energised to get out and explore if the sun's shining and you've got a full day ahead of you.



DURING TRANSIT

Say no to a cup of joe

Aside from affecting your ability to sleep, drinks that contain caffeine and alcohol cause dehydration. These types of beverages also magnify the symptoms of jet lag such as insomnia and anxiety. Opt to chug water instead; it's cheap, eco-friendly, and keeps thirst at bay.

Sync all your clocks

Set your watch and other clock-like devices to your destination's time zone as soon as you get past the boarding gate. In that way, your mind is already consciously orienting itself to the new time zone well before the plane even touches the ground.

Get comfy

The goal during lengthy transit times is to get as much sleep as you can – and you can achieve this by being well-prepared. Changing into your comfiest pyjamas, upgrading seats for extra leg room, and packing a thick fleece blanket to warm yourself inside a freezing cabin are just some of the sure-fire ways to ease your drift into Dreamland.



Alcoholic drinks cause dehydration



AROMATHERAPY ON-BOARD

Essential oils can speed up your circadian shift, and you can use them in three ways.

Roll it

Tote a lavender-and-peppermint essential oil blend in a small roller bottle for effortless portability.

Wear it

Add a few drops to a specially designed necklace or bracelet that also doubles as a fashion accessory.

Diffuse it

Carry a handheld diffuser that is pre-loaded with essential oils for on-the-go diffusing needs.

[youngliving.com](http://www.youngliving.com)

POST-FLIGHT

Stay awake

If you arrive at your destination during the daytime (but sleep was elusive while you were ploughing through the night skies), ride the day out and catch up on lost z's in the evening. Adapting to the normal sleeping hours of the city you're in will keep your circadian rhythm on the right track all throughout your trip.

Sweat it out

A simple 20-minute cardio workout is – more often than not – guaranteed to help you sleep better. While most hotels have in-house gym facilities, you can also go out for a jog around the safe areas of your accommodation.

Fret not

It's perfectly fine if you can't fall asleep immediately after a red-eye flight, so don't pressure yourself. The more anxious you are, the more your jet lag can worsen. Tire your peepers out the natural way by reading a book or watching some light TV.



A light 20-minute jog before bedtime can help you snooze better

