



AN ATHLETE'S GUIDE TO AIR TRAVEL

JET LAG



1 BED-TIME SHIFT

If you are traveling east, go to bed earlier than normal in the days leading up to your flight. If you are traveling west, shift to a later bed-time.

3 PUT THE COFFEE DOWN

Avoid caffeine for 24 hours before a flight. Once you arrive in your destination, match your normal consumption to your new time zone.

2 DIAL YOUR WATCH

Once you board your flight, change the time on your watch or phone to the time zone of your destination. This will help you begin to psychologically adapt to your new time zone.

4 NUTRITION

High carb, moderate protein meals before travel support the ingestion of tryptophan. Tryptophan supports the production of serotonin in the body, which improves restful sleep.

ADDITIONAL FACTORS



SWELLING



DEHYDRATION



O₂ PRESSURE



DIGESTION



IMMUNITY

OXYGEN/CABIN PRESSURE



After the flight, perform some light exercise or stretching.



Avoid intense exercise for 1-2 days after arrival.

BLOOD POOLING / SWELLING



Wear comfortable clothing to allow easy blood flow around the body.



Stand up and move around the plane every 60-90 minutes.

DEHYDRATION



Bring an empty water bottle with you and fill it once past security.



Consume 8-12 ounces of water per hour of flight time.

BLOATING & DIGESTIVE ISSUES



Avoid fatty foods or any others that cause you digestive stress.



Avoid foods that promote dehydration (salty/fried foods).

DECREASED IMMUNITY



Follow all disease protocols in your city and destination.



Wash hands and de-sanitize surfaces in the airport and plane.