

REST HUB

Travel Ready



Jet Lag Adaptation Plans

What is jet lag?

- > A mismatch between your body clock and your new time zone.
- > Commonly occurs following overseas travel, after crossing multiple time zones.
- > Symptoms of jet lag increase with the number of time zones crossed and reduce as the body clock adjusts to the new time zone.
- > Symptoms may include:
 - ✘ Poor sleep.
 - ✘ Feelings of fatigue during the day.
 - ✘ Decreased performance.
 - ✘ Gut discomfort.

What is a jet lag adaptation plan?

- > A jet lag adaptation plan identifies certain blocks of time for light exposure (seeking light) and light avoidance (minimising light) to match your body clock with the new time zone.

When to use a jet lag adaptation plan?



Crossing ≥ 3 time zones?
A jet lag adaptation plan is recommended.



Crossing < 3 time zones?
A jet lag adaptation plan is not required.



Some disabilities affect circadian rhythm and may require alternative strategies.

Why use a jet lag adaptation plan?

- > To reduce the time spent jet lagged.
- > To enable the body clock to adapt fully (or as much as possible) and faster.

How do I get a jet lag adaptation plan?

- > If you are a member of the **Australian High Performance Sport System (NIN & NSO)** please contact a member of your support team.