

REST HUB

Travel Ready

Jet Lag Adaptation Plans

What is jet lag?

- > A circadian rhythm disorder resulting in a temporary impairment of sleep and other biological processes.
- > Commonly experienced when traveller's rapidly cross multiple (≥ 3) time zones, causing a misalignment between the body clock and the destination environment.
- > Symptoms may include poor sleep, daytime fatigue, decrements in mental and physical performance, and gastrointestinal discomfort.
- > The severity and longevity of symptoms increase with the number of time zones crossed and alleviate as the body clock adjusts to the timing of the new time zone's light-dark cycle.

What is a jet lag adaptation plan?

- > A jet lag adaptation plan is typically implemented on arrival and uses appropriately timed periods of light exposure and avoidance to align the body clock with the destination 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 the AIS REST Hub for assistance.