

## Coping with jet lag

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### Abstract

**Background:** Our bodies adjust to a natural rhythm that promotes sleeping at night and being active and alert during daylight hours. When we travel across differing time zone's our normal. Rhythm is altered. And can cause fatigue, poor sleeping and loss of ability to concentrate, lethargy, as well as the irritability felt during that time is called Jet lag.(monsoon 2002). Study of international business travelers (IBTS) found that Jet lag was one of the most common health problems report, affecting as many as 74% of IBTS. (Boulos 2002).

**Materials and methods:** for this review article we have searched through internet by the following keywords: Jet lag, Flight nursing, prevention, treatment.

**Results:** Jet lag is normally associated with long- haul flight but not the symptoms will vary from person to person and from flight to flight. The following precousions taken during on international flight can help to limit or prevent Jet lag: high protein diet, stay hydrated, stretch and walk, stay on time sleep on time, sleep smart, dress comfortably, all antioxidants and extra doses. Of vitamins A,C and E as well as zinc selenium, two days before and two days after and also melatonin can help to alleviate Jet lag.(Wisor 2002).

**Keywords:** Jet lag, flight nursing, prevention, treatment.

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