

Jet Lag/Travel Plan

- Meds
 - Cambia
 - Mayo clinic recommended:
 - Nonbenzodiazepines, such as zolpidem (Ambien), eszopiclone (Lunesta) and zaleplon (Sonata)
 - Benzodiazepines, such as triazolam (Halcion)
 - “These medications — sometimes called sleeping pills — may help you sleep during your flight and for several nights afterward. Side effects are uncommon, but may include nausea, vomiting, amnesia, sleepwalking, confusion and morning sleepiness.
 - Although these medications appear to help sleep duration and quality, they may not lessen daytime symptoms of jet lag. These medications are usually only recommended for people who haven't been helped by other treatments.”
 - Sudafed/Vicks inhalers/ephedrine not allowed in China so plan to use Phenylephrine HCl 10 mg & Afrin
 - Also banned in Japan:
 - no more than 10% of ephedrine or
 - no more than 10% of methylephedrine or
 - no more than 10% of phenylacetic acid or
 - no more than 50% of norephedrine (phenylpropanolamine)
 - more than
 - Clonazepam = 180gm (amount as active ingredients)
 - Diazepam = 1200mg (amount as active ingredients)
 - Prednisone
 - Bruce Stephen Rashbaum, owner and medical director of Capital Center for Travel and Tropical Medicine recommends it for jet-lag recovery.
- I am getting Re-Timer green visor glasses to wear which I believe means I don't have to do this:
 - Evening light helps you adapt to a later time zone (traveling westward). Combining light exposure with

exercise such as walking or jogging may help you adapt to the new time even faster.

- Avoiding light at certain times is important too. For example, someone traveling west should avoid light in the morning on the first few days. During the day, dark glasses can help block out light. At night, draw the blinds or drapes in your hotel room or use a sleep mask.
- I plan to take melatonin 300mcg (MIT study showed this was ideal amount) before I leave to make sure it doesn't make me dizzy (I tried it back in 2015 and it didn't help at all) and I plan to take it to sleep on the plane and on my trip (not when I plan to drink alcohol so maybe only on the flight)
 - Mayo seems to say take it in the morning before you leave to induce sleep/get on their time zone but I get bad sleep sleeping during the day so I hope my green visor glasses do the trick
 - Advice from someone who suffers from jet lag: If the issue is waking up in the middle of the night. In those cases, I will go to bed without a problem, but waking up at 4am I will take 1/2 of a 300mcg tablet to get back to sleep again. I will not do this for longer than 3 days.
- Although diet hasn't been proven to help jet lag, some people use diets that alternate days of feasting and fasting and high-protein and low-protein meals. If such a diet seems too complicated, you can try eating more high-protein foods to stay alert and more carbohydrates when you want to sleep.
- 5 nights before flight
 - Maybe melatonin (studies seem to suggest 3mg though others 300mcg each night?) from Life Extension
 - Maybe Rescue Pastilles Natural Stress Relief, different flavors, 1.7 oz as has helped before with sleep
- Day before take-off
 - Make sure 64oz water
 - Eat nutrient dense foods like fresh fruit, vegetables, and protein (low-sugar) instead of candy or empty carbs
- Airport/plane
 - Maybe wear sunglasses over my glasses if need be; cap
- Hour before flight
 - Decongestant aka Phenylephrine HCl 10 mg (though plugged ears haven't bothered me much on previous flights but the longest of those was 5 hours & my next one is 11; longest since I've gotten MAV & MAV relates to head pressure including inner ear right?)

- If need be, Benzo and always lots of water after (though my main concern isn't the flight but jet lag dizziness)
 - Maybe not valium as long half-life
 - Maybe 2mg (and 5mg Valium if need be) about an hour before take-off; maybe add 2.5 during flight if not enough; or take 3 nights before and 3 nights when land
 - Maybe klonopin
 - Maybe half of a 0.5 klonopin before take-off or even less than .1, and then another small piece after about 10 hours in the air
- Stretch/yoga
- Don't look at phone/screens as plan to sleep on flight
- Flight
 - Before Take-off
 - Any free rows to take to lie down in?
 - Blow nose then Put in Earplanes ear plugs (take out once cruising altitude)
 - maybe Afrin (2-3 squirts in each nostril)
 - Miers Labs No Jet Lag Homeopathic Remedy + Fatigue Reducer
 - Arnica Montana 30C (Leopard's Bane), Bellis Perennis 30C (Daisy), Chamomilla 30C (Wild Chamomile), Ipecacuanha 30C (Ipecac), and Lycopodium 30C (Clubmoss)
 - If bad smells on plane
 - Drops of essential oils on shirt and gently wrap around nose/lower face
 - Throughout
 - Retainer in like you're going to sleep
 - Can flip neck pillow so rest on it as head goes forward
 - Can try using snack track as sleep rest using arms/pillow
 - Turn carry-on luggage into foot rest or posture
 - Eat nutrient dense foods like fresh fruit, vegetables, and protein instead of candy or empty carbs
 - Lots of water (8oz/hour eh too much for me as doctor said 96 max right?), electrolytes
 - Maybe suck on lozenges or gum

- If need be, head back against seat and don't look to side (maybe look out window or at seat in front but maybe not screen)
 - Whenever you get symptoms
 - Be calm, and ride with them and do what you can ☺
 - Hour before land
 - Maybe another 5mg valium eh tired
 - 20 minutes before land
 - Put in earplugs
 - Take decongestant and maybe afrin
 - Descent
 - Yawning frequently during descent is very effective; swallowing water from a bottle is also helpful
- When arrive/while there
 - If feel bad
 - try ice pack on spots where feel bad
 - Throughout
 - Lots of water; fruits; veggies; daily servings of all foods
- Evenings
 - If melatonin doesn't work and feel bad, maybe under .5 klonopin?
- First morning in new place
 - Optimizing Morning Light & Morning Exercise
 - Work out in the mornings when you are in the new time zone, getting your blood flowing and waking you up even more. Fresh air some place green; maybe walk barefoot on nature
 - Expose yourself to natural morning light if you can, especially in the initial days of jetlag. This is often hard as I want nothing more than to crawl under the covers and stay there, but even if it means opening the window and sticking my head out as soon as I get up, it helps remind my body that it's actually day time.
- Boats
 - Look at horizon and be on deck
 - After-maybe walk/focus at horizon
- Trains
 - Sit on lower level (less swaying)
 - Sit in front seat facing travel direction, look outside

- After-maybe walk/focus at horizon
- Renting a car
 - prior to signing the rental agreement, insist on sitting in the front seat of the proposed vehicle so you can test the comfort of the windshield's optics (some cars have curved windshields that distort lower corners)
- For buying future plane tickets
 - Arrive at night to fall asleep
 - Break up flights
 - Be aware of what times you'll be flying to reduce sleep problems & to avoid rush times/busier airports
 - See how much more first class is if need be
 - Maybe over ear "noise cancelling headphones and wondering if these might help reduce any effect of the constant jet noise levels and maybe even help with pressure change in some way. The Sony ones even talk about "Atmospheric Pressure Optimization"
 - Get seats on left side when facing cockpit as more room against window
 - If what I do in the above fails

Map out your entire trip if possible. Look at the layout of airports and where you might stop to eat, sit etc., Know the path you take from gate to gate so you don't feel rushed so you don't have to constantly look up at directional signs in the airport, etc.

 - Can try meridians (though those theories haven't helped me in the past)
 - <https://articles.mercola.com/sites/articles/archive/2018/09/20/beat-jet-lag-with-light-therapy.aspx>
 - Calculating when to seek and avoid light depends on the number of time zones crossed, direction of travel, and usual wake and sleep times. These calculations can be done [automatically online](#), or manually by following some rough [guidelines](#):
 - 1. Estimate when your body temperature reaches a minimum. If sleeping 7 or fewer hours per night, assume this is 2 hours before your usual wake time. If sleeping more, assume this is 3 hours before your usual wake time.

- 2. Determine whether you need to advance or delay your circadian rhythms. If you are flying east (to a later time zone), such as from Los Angeles to New York, you will need to phase advance. Otherwise, if you are flying west, you will need to phase delay.
- 3. If you need to phase advance, avoid light for 4 hours before your body temperature minimum, and seek light for 4 hours after it. Otherwise, do the opposite.
- 4. Shift your estimated body temperature minimum by one hour earlier per day if phase advancing, or one and a half hours later per day if phase delaying.
- Maybe sleep shift so go to bed later or earlier (but dizziness for me increases if I do this by a greater shift than 30 minutes)