

Fighting Jet Lag

BEFORE DEPARTING

Take melatonin the day before and the day of departure. The recommended dose is no more than half a milligram except at bedtime, when three milligrams is acceptable.

| Change in time zones | 1-6 time zones | 7-9 | 10 or more |
|----------------------|------------------|------------------|------------------|
| Traveling | | | |
| East to west | When you wake up | When you wake up | When you wake up |
| West to east | 3 p.m. | 3 p.m. | When you wake up |

UPON ARRIVAL

| Traveling | 1-6 time zones | 7-9 | 10 or more |
|--------------|---|--|--|
| East to west | Day 1: When you wake up Days 2 and 3: 1 to 2 hours later than on the previous day | When you wake up Days 2 to 4: 1 to 2 hours later than on the previous day | When you wake up Days 2 to 4: 1 to 2 hours later than on the previous day |
| West to east | Day 1: 24 hours after you last took it Days 2 and 3: 1 to 2 hours earlier than on the previous day | Day 1: 24 hours after you last took it Days 2 to 4: 1 to 2 hours earlier than on the previous day | Day 1: 24 hours after you last took it Days 2 to 4: 1 to 2 hours earlier than on the previous day |

When to get and avoid daylight

| Traveling | 1-6 time zones | 7-9 | 10 or more |
|--------------|---------------------------|--|--|
| East to west | Get light late in the day | Get midday light; avoid late-day light | Get morning light; avoid light the rest of the day |
| West to east | Get morning light | Avoid morning light; get midday light | Get morning light; avoid light the rest of the day |

Source: Alfred Lewy, Oregon Health Sciences University

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