# 1. Jet lag

Jet lag is observed in people travelling across a number of time zones in prolonged flights from east to west or from west to east. Signs of jet lag differ from person to person and often result from the conflict between the traveller’s biological clock and the destination’s clock.

Jet lag occurs in mild form during flights from east to west and generally does not pose any problems except for some weakness, fatigue, anxiety, and insomnia.

It will be helpful for passengers to pay attention to the following recommendations in order to not experience this situation during prolonged flights across time zones:

* Sleep and rest well before the flight;
* Have a light meal to avoid discomfort before and during the flight;
* Adjust your watch, mobile phone, and other electronic devices according to the destination time shortly before the flight;
* Avoid having caffeinated drinks 4-6 hours before going to sleep;
* Wear loose and comfortable clothes.

Any passenger who experiences extreme discomfort due to insomnia will need to consult with a physician about taking sleeping pills.

# 2. Scuba Diving

Passengers should not fly for 24 hours after scuba diving. The air pressure in the cabin of the aircraft is generally adjusted to an altitude of 5,000-8,000 feet (1,800-2,500 m) and is therefore lower than the air pressure at sea level, which increases the risk of decompression sickness.

For this reason, passengers who like scuba diving should avoid:

* Going scuba diving if they feel sick;
* Pushing the safety limits required during scuba diving;
* Boarding a flight for at least 12 hours after a single dive, and at least 24 hours after multiple dives.

# 3. Pregnancy

Before the trip, passengers who are pregnant should consult with their physician about the possibility of experiencing any problems while travelling. It is important for pregnant passengers to know the telephone numbers of their local physician and of the doctors, healthcare facilities, and emergency medical services available at the destination in case of any emergency that may occur before, during, or after the flight.

After the 28th week of pregnancy, pregnant passengers should produce a medical certificate issued up to seven days before the flight date that states that they can travel onboard an aircraft to the representative of Turkish Airlines before boarding. This certificate must state that:

* The pregnancy is progressing normally;
* The pregnancy has not developed any complications;
* The pregnancy has no extra risks or issues;
* The pregnancy’s due date, which has to be at least four weeks after the date of the flight;
* The pregnant passenger may fly without inconvenience.

Turkish Airlines reserves the right to cancel the tickets of pregnant passengers who are beyond their 28th week of pregnancy and who do not submit the required certificate.

Likewise, passengers who have a healthy pregnancy will not be allowed onboard in the following circumstances:

* If they have a multiple pregnancy, such as expecting twins or triplets, from the end of the 32nd week of pregnancy until seven days after the delivery;
* If they have a single pregnancy from the end of the 36th week of pregnancy until seven days after the delivery.

Pregnant passengers may find that aisle seats give them more comfort and a better chance to walk around and exercise periodically. Pregnant passengers may also wear compression socks to promote better blood flow in the legs and avoid swelling and other conditions like deep vein thrombosis.

Certain countries do not allow the entry of foreign pregnant women in their borders. In case of questions about this, passengers should contact the border control office of the country they intend to visit before the flight.