

1. Jet lag

The situation, which is called as jet lag, jet lag is observed when travelling across a number of several times-time zones during prolonged flights from east to west and from west to east. The jet lag jet lag appears with the signs differing varies from person to person, and often results oftenly from conflict between the body clock and destination clocktime.

Jet lag is in mild form during the flights from east to eastwest, and it generally does not pose any problems; butBut, it appears especially as weakness, fatigue, anxiety, and insomnia during the flights from west to east.

It will be helpful by passengers Passengers should to pay attention to the following issues in order to not to experience to prevent this situation jet lag during the prolonged flights across the time zones parallel to the equator:

- Sleep well and be well-restedwell-rested before the flight;
- Have some a light meal, which will not cause discomfort, before and during the flight;
- Watch adjustedSet watches, mobile phones, and other electronic devices according to the destination time shortly before the flight.
- Avoid having drinkscaffeinated drinks containing caffeine 4-6 hours before sleep. may be preferred in the daytime of the destination country, but these kinds of drinks should be avoided within a period of time of 4-6 hours before sleep;
- Wear loose and comfortable clothes.

If any passenger Passengers suffers suffering extreme from extreme discomfort of from insomnia, will need to consult with a physician for about taking sleeping pills.

Commented [JG1]: Review flying from "east to east." It is not possible to fly from east to east. Change to "east to west"

Commented [JG2]: The "to not to experience" phrase is negatively constructed. Use a positive construction by using "to prevent" instead.

Commented [JG3]: It is unnecessary to include when it is preferred to have caffeinated drinks. Delete this section and start with the verb "avoid" to remain consistent in this list.

2. Scuba Diving and Flight

~~A passenger, who has involved in scuba diving, After scuba diving, passengers should not fly~~
~~wait for 24 hours after his~~their ~~last scuba dive before flying.~~ Since ~~the~~ air pressure in ~~cabin of the aircraft~~the aircraft cabin is generally adjusted to an altitude of 5000–8000 ~~feet~~ft (1800–2500 m), ~~the air pressure it~~ is lower than the air pressure ~~in at~~ sea level, ~~and this~~ This increases the risk of decompression sickness, ~~a low-pressure sickness, which is called decompression sickness.~~

For this reason, passengers who ~~like~~scuba diving~~dive~~ should pay attention to the following:

- Avoid diving in case of any sickness.
- ~~Not to~~Do not push the safety limits required during diving.
- ~~Not to~~Do not arrange ~~their flight~~flying for at least 12 hours after a single dive, and at least 24 hours after multiple dives.

3. Pregnancy

~~Passengers who are pregnant Pregnant passengers should obtain detailed information on the possibility of experiencing any problems by consulting~~ consult with their physician about potential risks before ~~the~~ travel. ~~It is important that those~~ These passengers should ~~take with them~~ carry the telephone numbers ~~of for~~ their ~~local~~ physician and ~~the doctors, local~~ healthcare facilities, emergency health services ~~and ambulance~~ at the destination, ~~against the possibility in case of any emergency which may occur before during, and after the flight.~~

After the ~~twenty eighth~~28th week of ~~their~~ pregnancy, ~~they should~~passengers must submit ~~the~~their physician's report ~~which is obtained from a physician~~ within the last seven days before the flight date, to ~~the representative of a~~ Turkish Airlines representative ~~before the flight, which states~~ This report must state that they can travel onboard an aircraft. ~~In this report its obligatory to state that, and include the following details:~~

Commented [JG4]: The whole paragraph is very wordy. I edited it to make it more concise

- The pregnancy is in normal course₁.
- No complications ~~has~~ have been developed₂.
- The pregnant passenger has no extra ~~risk~~ risks or sickness.
- ~~The Possible~~ possible due date (~~the~~ delivery is not expected within 4 weeks after the ~~date of flight~~ flight date)₃.
- There is no inconvenience for the flight.

Turkish Airlines reserves the right ~~of cancellation~~ to cancel the tickets for ~~the~~ passengers₇, ~~early days of the 28th week~~ and who have not submitted ~~the~~ their mentioned physician's report.

Commented [JG5]: It is understood that pregnant passengers (post 28th week) will need a physician's report. What is meant by "early days of the 28th week"? Clarify this phrase.

In a ~~problem-free~~ normal course of pregnancy ~~which is in normal course~~, flight is not allowed ~~at~~ in the following circumstances:

- For ~~the~~ multiple pregnancies₁ such as ~~expecting~~ twins or triplets, ~~the~~ flight is not allowed from the end of ~~the~~ 32nd week of pregnancy until 7 days after ~~the~~ delivery.
- For ~~the~~ a single ~~and problem-free~~ pregnancy ~~pregnancy which is in normal course~~, the flight is not allowed from the end of ~~the~~ 36th week of pregnancy until 7 days after ~~the~~ delivery.

- ~~It is recommended to choose an aisle seat that will give the pregnant passengers comfort and help them to walk around in the aisle for exercising.~~

Commented [JG6]: This list should only contain situations where flight is not allowed. The last bullet is not relevant. Delete this bullet and move the content to the next paragraph.

~~It is recommended for pregnant passengers to choose an aisle seat that will give them comfort and make it easier to walk around the aisle for exercise.~~ Doing exercises ~~periodically~~, walking around the aisle₁, ~~and~~ wearing ~~varsity~~ compression socks ~~preventing~~ help prevent the blood congestion in the veins and leg swelling. ~~It's also important to~~, ~~avoiding~~ avoid to wear ~~wearing~~ socks₇, ~~which that~~ may interrupt blood circulation₇, ~~has importance in terms of protecting themselves to protect~~ against deep vein thrombosis, ~~a the~~ blood circulation disorder ~~which is called Deep Vein Thrombosis~~.

Commented [JG7]: What do you mean by varsity socks? Compression socks are known to reduce swelling, not varsity socks. Change to compression socks.

Certain countries do not allow the entry of ~~the noncitizen~~ pregnant women, ~~who are not their own citizens, from into~~ their borders. ~~In case of a question regarding this, In these cases,~~ they should contact ~~with the~~ country's representative office ~~of the concerned country nearby,~~ before the flight.