

Jet lag buster: Tips for smooth travel

OSF HealthCare Newsroom

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BROADCAST SCRIPT

ANCHOR INTRO:

AS BUSINESS AND LEISURE TRAVEL EXCEEDS PRE-PANDEMIC LEVELS – EXPLORERS EMBARK ON ADVENTURES ACROSS THE WORLD. HOWEVER - WITH LONG FLIGHTS AND TIME ZONE SHIFTS COMES THE CHALLENGE OF JET LAG.

TAKE VO

DR. NADEEM AHMED... A PULMONOLOGIST WITH OSF HEALTHCARE... EXPLAINS THAT JET LAG... A FORM OF CIRCADIAN RHYTHM DISRUPTION... CAN DISRUPT SLEEP DUE TO CHANGES IN ENVIRONMENT AND TIME ZONES.

TO MITIGATE JET LAG – DR. AHMED RECOMMENDS STAYING HYDRATED... ADJUSTING TO THE LOCAL TIME... AVOIDING ALCOHOL... AND EXERCISING TO REGULATE THE BODY.

TAKE SOT

"People usually take two to three days to fully adjust, but if you do some of these steps we talked about, it can shorten the time significantly and help you adjust," Dr. Ahmed says. "Try to adjust to the local time zone. If you're coming back, you may be falling asleep at 6 or 7 p.m. but try to avoid that if you can. Adjust to your home time zone as soon as you can."

VO TAG

DR. AHMED CAUTIONS AGAINST PRESCRIPTION SLEEP MEDICATION FOR TRAVEL. OVER-THE-COUNTER OPTIONS LIKE MELATONIN AND BENADRYL ARE POPULAR WITH TRAVELERS... BUT CAN HAVE SIDE EFFECTS LIKE A HANGOVER. HE RECOMMENDS SHORT NAPS UPON ARRIVAL BUT EMPHASIZES FULL ADJUSTMENT TO THE DESTINATION'S TIME ZONE.