



10 travel pros explain how they combat jet lag

By Marie Flounoy

October 9, 2015

Sometimes memories and souvenirs are not the only things you can bring back from an international or domestic trip. It doesn't matter whether you fly coach, business or first class, many can relate of experiencing grogginess, weariness, irritability, insomnia, overeating and more returning from a short or long term journey. This is some of the many woes of [jet lag](#) and while you can't sometimes avoid the unfortunate symptoms, there are ways that you can prevent and combat jet lag.

We asked ten [travel](#) pros on how they combat jet lag. Continue below on ten awesome tips to prevent or combat jet lag, perfect to keep in mind for your next adventure.

1. **Fly out earlier.** 'If possible, arrive at your destination early to give your body a chance to become accustomed to the new time. If you'll be traveling across several time zones, plan to arrive a day or two in advance. This is highly recommended for business travelers who are expected to be focused and alert at meetings and conferences.' -**Mike Kelly**, CEO of [On Call International](#)
2. **Gradually shift your bedtime.** 'In order to match that of my destination – even if just by a couple hours. Every little bit helps! I start this a few days before I leave. Each night I adjust it by an hour or two if possible. This makes a big difference when I reach my destination because I find that it helps me avoid those pesky 4 AM wakeups, where your body is telling you shouldn't be asleep.' -**Katie Lara**, Award-winning travel blogger at [travelingpanties.com](#)
3. **Stay well hydrated and skip the booze.** Refrain from drinking alcohol even though it may be sleep-inducing. Alcohol consumption disrupts your sleep patterns. via **International Association for Medical Assistance to Travellers (IAMAT)** official [jet lag prevention tip sheet](#)
4. **Wake up early.** 'The main thing I do before I leave for the band's lengthy tours overseas several days prior to my journey, I begin waking up very early (3:30, 4:00, or 5:00 AM), in order to begin to somewhat acclimate myself toward the upcoming timezone. On the arrival day, I'll take a 1-hour nap (no more or I'll be doomed with jetlag). I'll force myself to wake up from that nap and then do something that will keep me occupied and up until at least 11:00 or midnight in the new time zone. Then the next morning I'll sleep in, as normal. I might drag a bit through the first full day afternoon, but I'll be golden after that. Ditto on the reverse: on arrival in my home timezone, I do all that I can to occupy myself so that I stay awake that first arrival night until 11:00 PM; I'll struggle to stay awake on those first few consecutive nights, but for me, the later I can stay up each night, the faster I can beat jetlag.' -Artist manager, booking agent and author of 'Welcome to Groove House', [Jill Meniketti](#)
5. **Watch what you eat.** 'The food you eat 24 hours before your flights is essential to a comfortable flight. Try and eat foods that are alkaline (not too spicy- not too sweet- not too sour). A gassy stomach is a very comprising thing to deal with on a plane when the cabin pressure is on! Plane air dehydrates the body so quickly foods with fiber are a good before you fly.' -[Andes Hruby](#), a Health Coach, Personal Trainer and Group Exercise Facilitator.

6. **Turn off your technology.** 'We live in a connected world, but everyone doesn't know where you are. There's nothing worse than falling into restful sleep and getting buzzed or called by someone back home. It just throws your bio-rhythms off that you are trying to adjust.' -**Andy Abramson**, CEO of [Comunicano, Inc](#)
7. **Don't go to sleep.** 'If you arrive during the day, no matter how tired you feel, don't go to sleep. Instead, take a walk around your destination. The combination of new sights, sounds, and smells, plus the energizing nature of a little exercise, will give you a boost when your body wants to slump.' -**Jane Mountain**, blogger and full-time traveler at [www.myfiveacres.com](#)
8. **Exercise on the plane.** 'Exercise any way possible while on board. Be creative: rotate your ankles, flex your buttocks while seated, and do small stretches while waiting in line for the restroom.' -Bryan Herb, CEO of [ZoomVacations](#)
9. **Sleep on the plane.** 'Here's the best way to defeat jet lag - sleep on the plane! And what's the best way to sleep on the plane? Fly only first-class. And the way to fly only first-class is to be loyal to one airline/alliance, instead of foolishly buying tickets from 10 different airlines, just to get the cheapest ticket. Also, one can fly in first-class by buying coach tickets and then purchasing upgrades from elite frequent flyers. I only fly in first!' - Comedian, [Dan Nainan](#)
10. **Everyone experiences jet lag differently - know what works for you.** 'What a lot of people take to be jet lag is really just travel fatigue in general. I am weary after any long flight: the tiredness I feel after transiting multiple time zones isn't very different from the tiredness I feel when traveling within the same time zone. An overnight flight from New York to, say, Sao Paulo, with a minimal time change, leaves me about as fatigued as an overnight flight from New York to Europe or beyond. Whatever you call it, the best ways of dealing with it vary person to person. Everybody's physiology is different. The simple, common sense stuff probably works best: stay hydrated, avoid excessive alcohol, and try to rest up both before and after your trip.' -**Patrick Smith**, host of [Ask The Pilot](#)