

WHAT WE DO NOT KNOW ABOUT JET LAG

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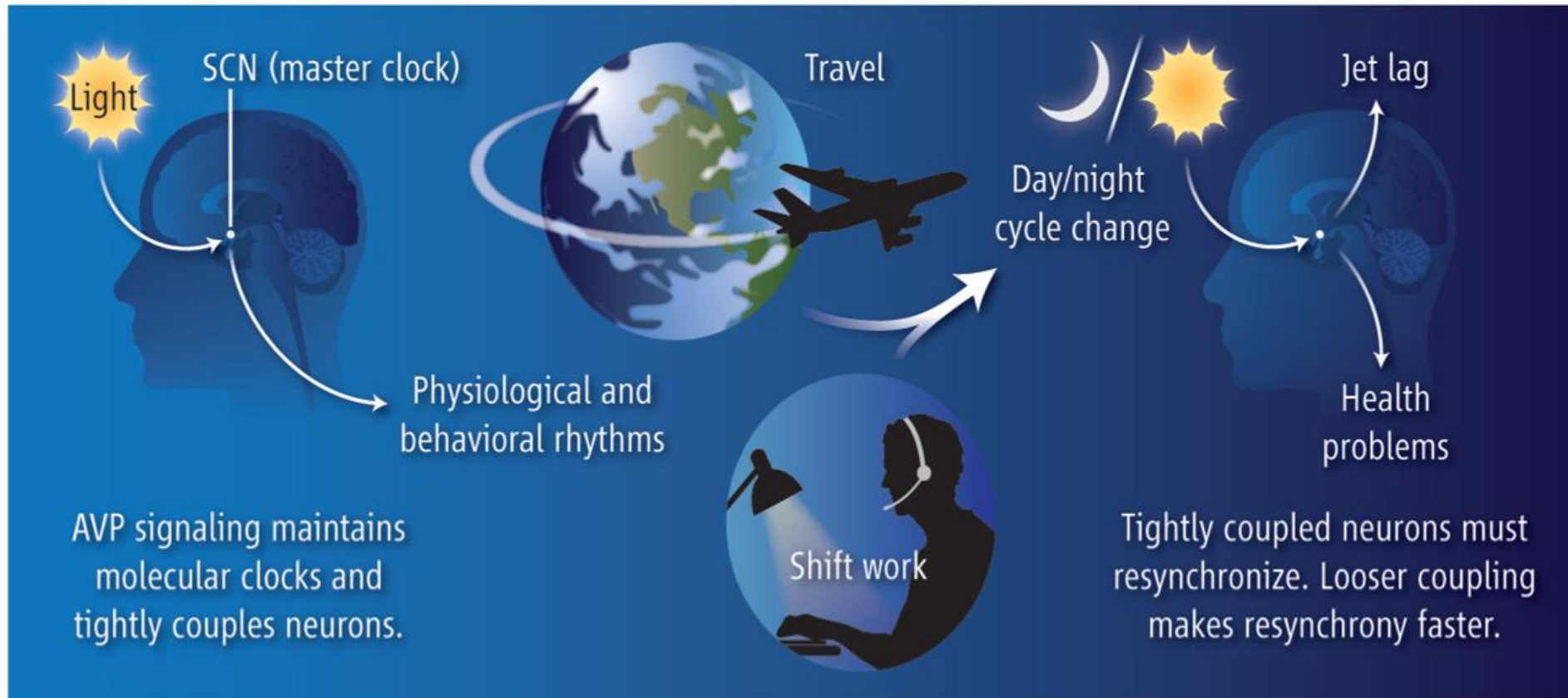
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INTRODUCTION

- What is jet lag?
- What we don't know about it?
- How to prevent it?



LIT.: HOW TO CURE JET LAG. SCIENCEMAG ARTICLE. 2015.
[HTTPS://SCIENCE.SCIENCEMAG.ORG/CONTENT/342/6154/52/T
AB-FIGURES-DATA](https://science.sciencemag.org/content/342/6154/52/AB-FIGURES-DATA)

WHAT IS JET LAG?

- Jet lag can occur when sleep-wake patterns are disturbed. A person may feel drowsy, tired, irritable, lethargic, and slightly disoriented. It can be a result from travelling across many different time zones or even from working in different shifts. The more time zones person crosses in a short period, the more severe the symptoms are likely to be.
- Aircrew often travel across time zones and work when others would normally be asleep. This can affect their internal biological clock and disrupt normal sleep patterns which can lead to fatigue, difficulty sleeping, changes in mood, injuries, stomach and intestinal symptoms, and other health problems.

WHAT WE DON'T KNOW ABOUT JET LAG?

- We don't know what causes most health problems that may be linked to circadian disruption, including some types of cancer as well as reproductive health issues like miscarriage and birth defects.
- If you experience circadian disruption and have these health problems, we can't tell if the problem was caused by your work conditions or by something else.
- We don't know how much circadian disruption is safe for every person.
- There is still much that we have to learn about jet lag and discover and collect data, so that we can be more sure what it really does to your body.

PREVENTION OF JET LAG!

- There are many ways to prevent jet lag. If you are working in aviation and usually go through time zones, you should get basic exercise a lot. The sooner a person can adapt the local time table, the sooner the body clock will adjust.
- **Some useful tips to prevent Jet lag are noted here:**
 - choosing flights that arrive early at evening local time, so that you can aim to sleep around 10 pm
 - preparing for a long flight eastward, by getting up and going to bed early for several days before, and for a westward flight, get up and go to bed later
 - changing your watch to the destination time zone as soon as you board the plane
 - keeping active during the flight by doing exercises, stretching, and walking along the aisle

PREVENTION OF JET LAG!

- Using an eye mask and ear plugs and aim for strategic napping
- Try to sleep when it is night-time at your destination, and sleep for 20 minutes at a time at other times, to reduce sleepiness
- Drinking plenty of water during the flight, and avoiding alcohol and caffeine, to minimize dehydration

On arrival:

- Avoid heavy meals or strenuous exercise
- Spend time outdoors preferably in sunlight
- Sleep at a "normal" time for the destination time zone

HOW TO PREVENT OR REDUCE JET LAG

Top10
Home Remedies



Stay Hydrated
by Drinking
Water



Limit Caffeine
& Alcoholic
Beverages



Consider
Taking Melatonin



Enjoy
Sunlight
upon Arrival



Eat Light



Wear Light,
Loose Layers
of Clothing



Take a Shower



Take
Regular Walks

To explore more, visit www.Top10HomeRemedies.com

LIT.: WHAT JET LAT TREATMENTS ARE AVAILABLE. HELP-ME-TO-SLEEP WEBSITE ARTICLE.
2017. [HTTPS://HELP-ME-TO-SLEEP.COM/JET-LAG-TREATMENTS-AVAILABLE/](https://help-me-to-sleep.com/jet-lag-treatments-available/)

CONCLUSION

- Jet lag is a very common syndrome and everybody will experience it sometime in their life.
- Jet lag also causes many health issues and it should not be taken too lightly.
- Everytime you are about to go longer abroad and travel in different time zones, you should consider how will you deal with jet lag.
- It should be noted that this is a pilot study, first of its kind, made in cooperation with two students from Finland, who arrived to Croatia via the Erasmus Program.
- We are preparing to conduct a larger survey next summer when there will be a large number of inter-continental flights and air passengers due to the height of the tourist season.

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СПАСИБО ЗА
ВАШЕ
ВНИМАНИЕ!

