

Published based on [Crossing Time Zones Without Jet Lag](#)

Crossing Time Zones Without Jet Lag

You've been counting down the days towards a great trip and when you got there all you wanted to do was sleep. Or you're about to fall asleep at the conference table in an important meeting in Dubai.

Exhaustion, muscle tension, dry skin, dehydration, and time confusion are all symptoms of a common drawback to long-distance travel called jet lag. When it comes to fighting the fatigue that comes with crossing time zones, here are some advice you can follow:

Avoid drinking alcohol before or during the flight. Alcohol adds to the dehydration and fatigue.

During the flight and upon landing, drink a significant amount of water. Cutting down on the dehydration and helping with muscle fatigue is water.

When step on the plane, adjust your watch so it matches the time of that of your destination and sleep according to the location you're flying. If you're on a plane in the afternoon but it's late at night in the city you're flying to, then it's time to sleep.

While sleeping on the plane, sleep as long as possible to create a nighttime sleep experience. You can use earplugs and light-reducing eye covers if necessary.

Elevate your feet as much as possible during your flight.

Upon arrival, a shower will help refresh and revitalize you. Try to avoid napping and adhere to the local time.

Staying up as late as possible on the first night is also helpful. If your schedule will require many late nights, try to stay up until at least midnight.

Expect the second day to be the most difficult. Remain on schedule at the time of your destination. Request a wake-up call, or set an alarm, for the morning and begin the second day.

A spa treatment would be a great thing to try for dehydrated skin and muscle fatigue.

If possible, try to spend an hour in sunlight and fresh air on the first day; this will help to reset your body's internal clock to local time.

About the author: Elsie Hamilton specializes in health and beauty topics. Find the best selection of [perfume including your favorite designer perfume](#), in scents that take you from day to evening.

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