

THE NOURISHED TRIBE'S TOP TIPS TO AVOID JET LAG

DRINK LOTS OF WATER

The pressurised cabin environment increases fluid loss and countless studies show that dehydration impairs performance so it is important to stay well hydrated before you leave, during the travel period and once you arrive. Aim to drink 1 glass minimum per hour of flight.

AVOID DRINKING DEHYDRATORS

Namely coffee and alcohol. It's very tempting to drink alcohol to try to put you to sleep on the plane and then coffee to wake you up but these make you more dehydrated and groggy leading to a weakened immune system.

EXERCISE

Try to do some exercise before you get on the plane, this will help you sleep. Once you arrive, try and go for a walk and do some gentle stretching to re-energize you.

COME PREPARED

Bring healthy snacks with you to keep you from reaching for salty junk food. You can buy some of these at the airport or quickly throw them in your carry-on bag while you are packing at home. Examples – Bag of nuts, protein balls, apple, tubes of nut butter, chopped vegetables such as celery, carrots.

MELATONIN SUPPLEMENT

We always use this when we travel long-haul. It won't knock you out, but it does help your body prepare for sleep/ It is also useful to take the night you arrive if there is a time difference so that you adjust to the time zone as quickly as possible.

WEAR COMFY CLOTHES

Or bring some to change into on the flight. This helps you relax and prepare for sleep.

Probiotic supplement – Bring a probiotic that does not require refrigeration, this will help keep your digestion on track not only during the flight but when you arrive at your destination with potentially different food. Book a night flight when possible- so you are more likely to sleep on the way to your destination.

Magnesium- An important supplement to travel with and take on a long-haul flight as it helps relax the body and prepares you for a good sleep. Green juice!! If possible try and find a one to drink on arrival and each day of your trip. Eating away from home can mean you aren't getting all your servings of fruits + veg, so a green juice ensures you are getting what you need and gives you an added boost of energy.

Some added tips to help make a smooth transition between time zones

- Aim for 3 satisfying meals across a 24-hour period.
- Avoid large meals 1-2 hours prior to sleep.
- Eat breakfast before sleeping in the day to avoid waking due to hunger.
- Be mindful of what you are eating – eat because you are hungry and try to avoid the emotional pattern of eating through boredom when you travel.