

# Dear Travelers,

As you prepare for your upcoming long-haul flight, we would like to offer you some tips to manage jet lag effectively.

## Before Your Flight

- Adjust your sleep schedule a few days prior to departure.
- Stay hydrated and avoid alcohol before and during the flight.
- Consider taking melatonin supplements to help regulate your sleep cycle.

## During Your Flight

- Set your watch to the destination's time zone as soon as you board.
- Take short walks and stretch to improve circulation.
- Try to sleep during the flight if it's nighttime at your destination.

## After Arrival

- Get plenty of natural light, especially in the morning.
- Avoid heavy meals and caffeine, especially in the evening.
- Stay active and keep to a regular sleep schedule to help your body adjust.

We hope these tips help you have a more comfortable journey. Safe travels!

Sincerely,  
Your Travel Team