

Jet Lag Management Guidelines

Dear Valued Cruiser,

As you prepare for your upcoming adventure, we understand that transitioning across time zones can lead to jet lag. To help you make the most of your cruise experience, please consider the following guidelines:

Before Your Cruise

- Adjust your sleep schedule a few days prior to departure.
- Stay hydrated by drinking plenty of water.
- Limit caffeine and alcohol intake before and during travel.

During Your Cruise

- Take short naps if needed, but avoid long sleep periods during the day.
- Engage in physical activities onboard to combat fatigue.
- Eat meals according to the local time at your destination.

After Arrival

- Get exposure to natural light to help reset your internal clock.
- Avoid heavy meals close to bedtime.
- Establish a regular sleep routine aboard the ship.

By following these guidelines, you can enhance your cruising experience and overcome the effects of jet lag. Bon voyage!

Sincerely,
[Your Company Name] Team