

# Jet Lag Management Insights for International Students

Date: [Insert Date]

Dear [Student's Name],

Welcome to [University/College Name]! As you embark on this exciting journey, we want to ensure that your transition is as smooth as possible, especially regarding the challenges of jet lag.

## Understanding Jet Lag

Jet lag occurs when your body's internal clock is out of sync with the local time after long flights. Common symptoms include fatigue, difficulty concentrating, and disturbed sleep.

## Tips for Managing Jet Lag

- **Adjust Your Sleep Schedule:** Gradually shift your sleeping and eating times to match your destination.
- **Stay Hydrated:** Drink plenty of water before, during, and after your flight.
- **Get Sunlight Exposure:** Spend time outside during the day to help reset your internal clock.
- **Avoid Caffeine and Alcohol:** These can interfere with sleep and worsen jet lag symptoms.
- **Take Short Naps:** If necessary, short naps can help, but keep them under 30 minutes to avoid deep sleep.

## Resources Available

If you continue to struggle with jet lag, please feel free to reach out to [University Counseling Center/Health Services] for additional support and resources.

Wishing you a wonderful start to your academic journey!

Best Regards,  
[Your Name]  
[Your Title/Position]  
[University/College Name]