

Jet Lag Management Instructions for Athletes

Dear [Athlete's Name],

As you prepare for your upcoming competition, it is essential to manage potential jet lag effectively. Please follow the instructions below to ensure optimal performance:

Before Travel:

- Gradually adjust your sleep schedule by 1 hour per day to match the local time of your destination.
- Stay hydrated and maintain a balanced diet rich in carbohydrates and proteins.
- Avoid alcohol and caffeine 48 hours before departure.

During Travel:

- Set your watch to the destination time as soon as you board the flight.
- Take short naps if needed but limit them to 20-30 minutes.
- Stay hydrated by drinking water regularly throughout the flight.

Upon Arrival:

- Expose yourself to natural light as much as possible to help reset your internal clock.
- Maintain a consistent schedule for meals and sleep according to the new time zone.
- If necessary, use sleep aids only after consulting with your coach or a medical professional.

By following these guidelines, you will minimize the effects of jet lag and be better prepared for your competition. Safe travels!

Sincerely,
[Your Name]
[Your Position]