

Dear [Holidaymaker's Name],

We hope you are excited about your upcoming holiday! To help you manage jet lag effectively and make the most of your trip, we have compiled some strategies for you:

Before You Travel

- Gradually adjust your sleep schedule to match your destination's time zone.
- Stay hydrated and avoid caffeine or alcohol a few days prior to your trip.

During Your Flight

- Set your watch to the destination's time zone as soon as you board the flight.
- Drink plenty of water and avoid heavy meals.
- Try to sleep on the plane if it's nighttime at your destination.

After You Arrive

- Spend time outdoors in natural light to help reset your internal clock.
- Avoid napping longer than 30 minutes if you feel tired.
- Consider melatonin supplements (consult with a healthcare provider first).

We wish you a fantastic holiday and hope these tips help you enjoy your trip to the fullest!

Sincerely,
[Your Name]
[Your Organization]