**Nothing can take away the enjoyment of a long holiday more than jet lag. But how do the people who do it week-in, week-out cope with it?**

**By Katia Moskvitch**

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London’s dawn sky was orange when I boarded the flight. When I got off some six hours later in Montreal, Canada, it was still orange.

My body didn’t like it one bit. Those who are usually go across multiple time zones are familiar with that feeling when the body clock gets completely mixed up and won’t adjust to the quick change of time. The result, of course, is jet lag, caused by the disruption of the body rhythm – and for many of us, it’s a zombie-like state that causes the moodiness, irritability, and deep fatigue.

It’s the aircraft’s speed that’s to blame; the time zone changes are just too rapid.

But some people experience these massive body shocks day in and day out: professional aircrew like pilots and flight attendants. So how do they cope with jet lag – or are they simply immune to it?

“Pilots suffer just like the rest of us, but they are typically provided with education sessions on how to manage this inconvenience,” says Flynn-Evans. Most airlines have programs to help pilots cope with jet lag – and pilots are even allowed to cancel the flight when they feel like they are too jet-lagged to carry out their jobs safely.

 “When I started to fly long distance flights, and asked older captains for advice on beating jet lag, they nearly all said ‘oh, what I think doesn’t matter – you’ll find out what works best for you.’ And they were right,” says Mark Vanhoenacker, a British Airways pilot.

Most people find it easier to adjust to time changes when flying west rather than east. So if your flight is eastbound, it’s a good idea to start getting up early for several days before your trip and turn on bright lights. On the day of travel and on the flight, avoid light – wearing sunglasses can help – to advance your internal clock. And when you arrive at your destination, for the first few days sleep with your curtains open and allow in plenty of light.

However, if you are travelling west and chasing the Sun, stay up late before the journey and adjust yourself to bright light in the evening, delaying the body clock. No need for sunglasses on the flight – try to get as much light as possible. “These light effects happen relative to your internal clock, so if you are traveling from Los Angeles to New York, you should keep your watch set to LA time and make sure that you are adjusted to bright light in the NY morning, but not before 3am LA time. It’s tricky, because you have to make adjustments based on the time zone that you left, not the time zone where you are arriving.”

Long-distanced pilots recommend drinking plenty of water on the plane, eating lightly but at sensible times and trying to avoid caffeine.

Exercise is good too; it refreshes you and makes you sleep better when you do eventually get your head onto the pillow.

Betty Thesky is a flight attendant. She flies round trip to Europe from the US at least once a week. She says that she and other members of the aircrew don’t get any special training to fight jet lag – so she simply developed her own ways of dealing with it. “I arrive in Europe in the morning and allow myself to nap for a few hours, then force myself to get up even though my body wants to keep sleeping,” she says

To wake up, she drinks some coffee for a little kick, followed by upbeat music and exercise in her hotel room. “You would be surprised how some jumping jacks, sit ups, push ups and hand stands with the Bee Gee's Staying Alive in the background cheer you up; then I'm ready for everything.” And if you’re lucky to have a swimming pool at your destination, it really helps with stiffness, which you might have during a long trip in a small seat, she adds.

Experts say that – on average – it takes travellers about a day per time zone to adapt.

Exercises.

1. Answer the questions.

*What is a jet lag? Have you ever had a jet lag? How much time do you need to adjust to a new time zone? What tips do you have to avoid or to overcome the jet lag?*

1. Write down the underlined words with an English and Russian definition. Be able to explain them in English.