**Listening Script**

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| **Professor:**  **Jennifer:**  **Professor:**  **David:**  **Professor:**  **David:**  **Professor:**  **Jennifer:**  **Professor:**  **Jennifer:**  **Professor:**  **Jennifer:**  **Professor:**  **Jennifer:**  **Professor:** | How many of you have experienced jet lag? Almost everyone? Do you know what causes it? Jennifer?  The difference in time that occurs when we cross time zones.  Yes. That's right. You see we all have an internal clock that determines when we should sleep, wake up, eat, or perform other bodily functions during a twenty-four-hour period. So most travelers are not able to adjust to the shorter or longer day.  Excuse me, Professor Roberts.  Yes, David.  Is it true that jet lag is worse after a flight east than it is after a flight west?  Very good question. Yes, most people can adjust a little better to a longer day than they can to a shorter day. It's also true that people over thirty who tend to have a more established routine are likely to suffer the most from jet lag.  Excuse me, Professor. But is there any research on how we can deal with jet lag?  Yes, Jennifer, there is. Probably the most interesting research studies on how to minimize the effects of jet lag are those that show the value of scheduling an early evening arrival. Can you imagine why that might be helpful?  Because you would probably just go to bed?  True enough. But there is also some evidence that light plays a role in accommodating a new sleep cycle. In addition, it seems that a full stomach increases the symptoms of restlessness and fatigue. In fact, eating a small meal on the plane should help as long as you don't find the nearest restaurant when you land. Finally, alcohol tends to dehydrate the body, which appears to make jet lag worse. So that's why it's better to drink lots of water and avoid drinking alcohol on the plane. Yes, Jennifer?  Does the research tell us how long it takes to adjust to a new time zone? When I visit my sister, I am waking up at three in the morning for most of my visit.  And then it's time to go home.  Exactly.  Well, Jennifer, some studies show that we require half a day for each time zone crossed. So if you can't include a stopover on a long flight, it is better not to schedule an important meeting for the day after your arrival. |