



TRAVEL FATIGUE AND JET LAG MITIGATION

SLEEP HYGIENE



GO OFF LINE **60** MINUTES BEFORE BED TIME



HOT SHOWER TO REDUCE CORE TEMPERATURE AND
STIMULATE MELATONIN RESPONSE



ADJUST ROOM TEMPERATURE TO **60-65 F (16-18 C)** FOR
OPTIMAL SLEEPING ENVIRONMENT



SOFT MUSIC OR CALMING APP TO FALL ASLEEP TO



BLACKOUT SHADES & EARPLUGS/NOISE-CANCELLATION
BUDS/HEADPHONE TO HELP STIMULATE MELATONIN
RELEASE



TART CHERRY JUICE TO STIMULATE MELATONIN RELEASE