

TRAVEL RECOVERY CHECKLIST



Travel can lead to fatigue and jet lag, which may impair cognitive function, mood, and overall performance. Here are strategies to help you manage and perform better.

PART 1: TRAVEL FATIGUE



TRAVEL FATIGUE: Travel causes fatigue regardless of time-zone changes.

Strategies	
BLOOD FLOW & CIRCULATION	☐ Move every 1-2 hours (walk, stretch, calf raises, ankle pumps) ☐ Wear compression socks for long flights ☐ Use NMES stim device (PowerDot or Firefly) on lower leg
NOISE FATIGUE	☐ Use noise-canceling headphones or earplugs ☐ Use an app with white noise or nature sounds ☐ Schedule quiet recovery time post-travel
SLEEP	☐ Align travel sleep to the destination time zone (<i>once you get on the plane, set your watch/phone to that time</i>) ☐ Bring an eye mask & travel pillow for better sleep ☐ Use melatonin (0.5-3mg) in the evening of your destination. ☐ DON'T sleep if you're arriving somewhere at night.
HYDRATION & NUTRITION	☐ Drink extra fluids to counteract dehydration from air travel ☐ Maintain electrolyte balance (add salt, potassium, or magnesium if needed) ☐ Eat protein and healthy snacks to support energy balance ☐ Limit processed foods, excessive alcohol, and airport food

PART 2: CIRCADIAN RHYTHM DISRUPTION



JET LAG: Changing time zones disrupts your internal clock

Strategies	
PRE-TRAVEL TIME SHIFT	☐ Adjust sleep, wake, and meal times 1-1.5 hours per day before travel (start 1-3 days out) ☐ Gradually shift light exposure to match the destination ☐ Use melatonin (0.5-3 mg) strategically to shift circadian rhythm
MELATONIN SUPPLEMENTATION	☐ Use fast-release melatonin (1-3 mg) strategically to shift circadian rhythm ☐ Use according to the time shift direction • Evening/Night: If you need to shift your sleep-wake cycle earlier (e.g., after flying east), take melatonin in the evening/night in the new time zone. • Morning/Afternoon: If you need to shift your sleep-wake cycle later (e.g., after flying west), consider taking melatonin in the morning/afternoon.
LIGHT MANAGEMENT (EXPOSURE & BLOCKING)	☐ Get morning light exposure for eastward travel (advance clock) ☐ Get evening light exposure for westward travel (delay clock) ☐ Use blue light-blocking glasses when adjusting at night
SLEEP SUPPORT	☐ Use melatonin ~30-60min before bed to fall asleep (3-5mg) ☐ Consider natural supplements like Valerian Root (330-660mg) and Tart Cherry (200-300mg), or L-Theanine (200mg) ☐ Use vagal nerve stimulators or Apollo Neuro to fall asleep ☐ Use an eye mask and earplugs at night ☐ Avoid caffeine 8+ hours before intended sleep ☐ Use pharmaceutical sleep aids only for short-term adjustment (consult medical guidance)