



Optimise your sleep.

JETLAG TOOLKIT INFORMATION SHEET

What is it? Our jetlag toolkit is a personalised travel plan with recommendations for you based on your personal flight details and preferred sleep-wake patterns and schedules.

Who is the jetlag toolkit for? Anyone who is traveling east or west across more than 3 time-zones and needs recommendations on how to manage jetlag and travel fatigue.

What is included in the jetlag toolkit? Personalised recommendations regarding sleep and meal timing, light exposure and use of sleep aides prior to travel, while flying and on arrival at your destination designed to minimise the effects of jetlag and travel fatigue. These recommendations are tailored specifically to your travel plan and natural body clock. We also explain jetlag: why it happens, how it affects your body and how our plan helps your body synchronise to its new time zone.

What do we need from you?

- Travel itinerary (a copy of your eticket)
- Information about your sleep habits and anticipated work / vacation routine at destination

How much does this cost? The jetlag toolkit costs R1050 per person or R1575 per group (incl VAT).

Who are our Sleep Scientists?

A/Prof Dale Rae | Director of Sleep Science | Senior Sleep Scientist (UCT)

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