

eISBN: 978-1-68108-293-6
ISBN: 978-1-68108-294-3

HOW SMART PEOPLE CAN OVERCOME JET LAG



Olivier LE BON

Bentham  Books

Editor:
Olivier Le Bon

eISBN: 978-1-68108-293-6

E-book Price

US\$ 13.00

Print-on-Demand

US\$ 56.00

Institutional E-Book Price

US\$ 52.00

How Smart People Can Overcome JET LAG

www.ebooks.benthamscience.com/book/9781681082936/

About the eBook

How Smart People Can Overcome Jet Lag scientifically explains the jet lag phenomenon. It then covers some easy tricks to fight jet lag, bright light, melatonin, sleeping pills and stimulants. Therefore, readers will be able to understand the reasons for jet lag and various ways to overcome it. The book is a handy technical guide for anyone looking to make their air travel experiences less tiring.

Contents

- A Bit More on the Nature of Jet Lag?
- No-Nonsense Measures
- Accelerating the Phase Adjustment
- Sleeping When Your Body Does Not Seem to Want to
- Staying Awake When Your Body Only Seems to Want to Sleep
- In the Plane
- How to Use the Time Zone Sheets (TZS)
- Time Zone Sheets (TZS): A Journey Around the World
- How You Can Help to Advance the Science of Jet Lag
- Annex

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