



Tips to help combat Jet-Lag with Tara Tours Ireland

1. During the Flight

Set your watch to destination time

Mentally switch straight away.

2. Sleep strategically

If it's nighttime at your destination → try to sleep.

If it's daytime → stay awake (even if you're tired).

3. Hydrate (a lot)

Cabin air is dehydrating → drink water regularly.

Avoid alcohol + limit caffeine (they disrupt sleep quality).

4. Move around

Helps circulation and reduces fatigue.

When You Arrive

This is where you win or lose the battle.

Get daylight exposure

Natural light is the strongest signal to reset your body clock.

Even a 20–30 min walk helps massively.

Stay awake until local bedtime

This is tough, but critical.

If you must nap → max 20–30 minutes, early afternoon only.

Eat on local time

Even if you're not hungry, it helps reset your rhythm.

Sleep Strategy

First night rule

Go to bed at a normal local time (even if exhausted at 6pm-don't give in too early)