Travel fatigue is a temporary exhaustion and follows any long journey. It follows a period of prolonged inactivity, irregular sleep, restricted food choices, dehydration, and other factors associated with long-distance travel.

Jet lag is temporary, but follows rapid long-distance travel crossing 3 or more time-zones. It is caused by the fact that your body clock is out of sync with the time-zone at your new destination. Interventions should be applied at the correct time. Incorrect timing of the intervention could cause trouble. Interventions have a set pattern, e.g. light / melatonin / exercise.