

TRAVEL FATIGUE

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Travel fatigue is a temporary exhaustion and follows any long journey



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Including:
car-, bus- and train trips



It follows a **period of prolonged inactivity**, irregular sleep, restricted food choices, dehydration, and other factors associated with long-distance travel



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Accumulative:
travelling over a period of time



JET LAG



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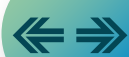
Jet lag is temporary, but follows rapid long distance travel **crossing 3 or more time-zones**. It is caused by the fact that your body clock is out of sync with the time-zone at your new destination.



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



Travelling
WEST
DELAY

Travelling
EAST
ADVANCE

When travelling West,



When Travelling East,

