

The Science Behind Jet Lag and How to Beat It

Article: The Science Behind Jet Lag and How to Beat It

When we travel to a far place by plane, we may feel very tired. This is called jet lag.

Jet lag happens when we cross many time zones. For example, if you fly from London to Tokyo, the time is very different. Your body wants to sleep when it is day in the new place. Or you may feel hungry at night. This is because your body clock is still in the old time zone.

Jet lag can make people sleepy, confused, or even sick. It can take a few days for the body to feel normal again.

So how can we feel better faster?

Some people drink water and try to sleep on the plane. Others try to eat at the right time in the new place. Getting some sunshine also helps your body know it is daytime. People also try not to nap too long during the day.

Jet lag is not dangerous, but it can make travel harder. Understanding it helps us enjoy our trip more.





Vocabulary Practice:

Word	Meaning in Simple English
Jet lag	Feeling tired after flying to a place far away
Time zone	A place where the local time is the same
Body clock	The natural time your body sleeps and wakes up
Sleepy	Wanting to sleep
Confused	Not sure what is happening
Nap	A short sleep during the day
Sunshine	Light from the sun
Travel	To go to a different place
Plane	A big machine that flies in the sky
Trip	A short or long journey to another place

Comprehension Questions

1. What is jet lag?
2. Why does jet lag happen?
3. What are some symptoms of jet lag?
4. How can sunshine help your body?
5. What can people do to feel better when they have jet lag?



Discussion Questions

1. Have you ever taken a long flight?
2. Did you feel tired or sleepy after flying?
3. How do you usually feel when you travel?
4. What do you do on a plane: read, sleep, or watch movies?
5. Would you like to visit a far country like Japan or Brazil?
6. Do you like traveling in the morning or at night?
7. Do you sleep well in new places?
8. What helps you feel better when you are tired?
9. Do you like flying, or do you prefer trains or cars?
10. What country would you love to fly to and why?