

# Stopovers May Ease Jet Lag



Add headlines to your personalized My Yahoo! page  
(About My Yahoo! and RSS)

Health - HealthDay



» More News Feeds

### ELSEWHERE ON THE WEB

#### CNN.COM

Red Cross hit with \$4.2 million blood fine

#### CNN.COM

S. African minister insists traditional medicine fights AIDS

#### ABC NEWS

Together Forever

THE PERFECT DIGITAL CAMERA HERE. Tips, news, and more. [Go Now!](#)

Sun Sep 10, 7:02 PM ET

SUNDAY, Sept. 10 (HealthDay News) -- If you suffer from severe jet lag, it may be because your body overshoots as it attempts to adjust to large leaps forward in time, new research shows.

In order to help the body more easily adjust to time changes, travelers shouldn't advance more than four hours at a time, says a team from the University of Massachusetts in Amherst.

Based on their study of the circadian rhythms of rats, they say this approach enables the body's clock to advance smoothly and nudges the entire system in the right time direction.

"Jet lag isn't a horrible thing that we have to conquer -- and our clock is a very important regulator at a basic level," researcher Hava Siegelmann said in a prepared statement. "Medications to target the clock may be counter-productive if they affect future oscillatory behavior," she said.

"Instead, take a stopover if you are traveling for more than six hours -- relax for a day and then continue. Understand and go with your body's natural oscillations," Siegelmann advised.

The research also has implications for rotational shift workers, such as airline attendants and nurses, because the body has more difficulty adjusting to some shifts than others.

The study was published in the current issue of the *Journal of Biological Rhythms*.

### More information

The National Sleep Foundation has more about [jet lag](#).

[Email Story](#)

[IM Story](#)

[Discuss](#)

[Printable View](#)

### ON CNN



#### Kids in sports

More kids are playing, and more parents are worrying.

- » Parents' checklist
- » Find the right sport

### ON YAHOO! HEALTH



#### What Defines You?



Explore your life with women bloggers from around the world.

» More on Yahoo! Health

RECOMMEND THIS STORY

Recommend It:

Average (44 votes)



» Recommended Stories

FULL COVERAGE



Bird Flu

Get the latest news, video and photos.

FROM Y! HEALTH



Health Questions?

Find answers on Yahoo! Health:

Search

» More from Y! Health

Full Coverage: Aviation and Aerospace

NEWS STORIES

Stopovers May Ease Jet Lag HealthDay via Yahoo! News, Sep 10

Greece to present Olympic Airlines restructuring plan AFP via Yahoo! News, Sep 10

2 planes clip wings at NYC airport AP via Yahoo! News, Sep 09

Panel OKs Deal for Ads at L.A., Ontario Airports; Delays Vote on Concessions at The Los Angeles Times (reg. req'd), Sep 08

FEATURE ARTICLES

Airlines would have changed, with or without 9/11 attacks at CNN/Money, Sep 08

Would you fly in chattering class? at The Economist, Sep 08

OPINION & EDITORIALS

The risks justify baling out of Airbus at The Guardian (UK), Sep 07

A Simple Remedy for Fear of Flying at The New York Times (reg. req'd), Sep 07

Health News

Study adds details on bird flu, humans AP

Next Vioxx trial set to get under way AP

Paper: Cancer scientist took firms' cash AP

S. Africa curbs AIDS minister influence AP

Red Cross fined for breaking safety laws AP

Most Viewed - Health

Coma case raises questions about consciousness Reuters

Driver's-License Limits Reduce Teen Crashes HealthDay

Paper: Cancer scientist took firms' cash AP

Study adds details on bird flu, humans AP

Korean pine nut may offer help for obesity Reuters

Health Video

Cardio tennis CNN - Sat Sep 9, 6:06 PM ET

Killing the Pain of Getting Painkillers ABC News - Fri Sep 8, 5:01 PM ET

Surprising results in drug report CNN - Fri Sep 8, 11:06 AM ET

Clinical trials offer hope CNN - Thu Sep 7, 1:06 PM ET

Search:

All News & Blogs

Search

Advanced

Yahoo! - My Yahoo! - Mail

Home | U.S | Business | World | Entertainment | Sports | Tech | Politics | Science | Health | Travel | Most Popular | Odd News | Opinion

Copyright © 2006 HealthDay. All rights reserved.

The information contained above is intended for general reference purposes only. It is not a substitute for professional medical advice or a medical exam. Always seek the advice of your physician or other qualified health professional before starting any new treatment. Medical information changes rapidly and while Yahoo and its content providers make efforts to update the content on the site, some information may be out of date. No health information on Yahoo, including information about herbal therapies and other dietary supplements, is regulated or evaluated by the Food and Drug Administration and therefore the information should not be used to diagnose, treat, cure or prevent any disease without the supervision of a medical doctor.

Copyright © 2006 Yahoo! Inc. All rights reserved.

Questions or Comments

Privacy Policy - Terms of Service - Copyright/IP Policy - Ad Feedback