

# Tips to minimize Jet Lag SFO → East



## A BEFORE DEPARTURE (SFO → EAST)



**Shift bedtime gradually:** A few days before leaving, go to bed and wake up 1–2 hours earlier each day. East is ~16 hours ahead, so the earlier you adjust, the smoother your first nights will be.



**Get morning light exposure in East time:** If possible, step outside in bright light earlier in your SFO mornings to start syncing to East mornings.



**Stay hydrated & avoid alcohol** during the flight — dehydration worsens jet lag.

## B DURING THE FLIGHT



**Set your watch/phone** to East time as soon as you board. Act as if you're already there.



**Try to sleep** at East nighttime hours on the plane, even if it means using an eye mask, earplugs, or melatonin (0.5–3 mg if your doctor says it's safe for you).



**Move around & stretch** every 1–2 hours to reduce stiffness and improve circulation.

## C UPON ARRIVAL IN EAST



**Morning Sunlight = Best Medicine.** Get outside within the first few hours of waking to lock your body clock to local time.



**Avoid naps** longer than 20–30 minutes. Long naps make adjustment slower.



**Caffeine strategically:** Use a small amount in the morning/early afternoon only to boost alertness, but avoid it after 2 pm local time.

## D PREPARING FOR THE RETURN (EAST → SFO)



**About 3–4 days** before flying back, start shifting bedtime later by 1–2 hours each night.



**On your last evenings in East** dim lights and delay bedtime to get closer to California time.



**If possible, catch evening sunlight** before leaving East (helps you adjust back)

## E AFTER RETURNING TO SFO



**Morning bright light in California** is essential for re-entrainment. Step outside early each day.



**Evening Melatonin** (low-dose) can help nudge your body back into California rhythm.



**Be patient:** It usually takes ~1 day per time zone to fully adapt, but with preparation, you can shorten this to 2–4 days.

### QUICK RULE OF THUMB

**Flying East (SFO → East)** → Shift schedule earlier + seek morning light.

**Flying West (East → SFO)** → Shift schedule later + seek afternoon/evening light.