



Sleep, Jet Lag and Staying Well on the Road

Feel Good Traveling Beat jet lag, sleep and move with gentle help from your phone

————— **An Extended Guide · No. 1617** —————

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What's Inside

Everything in this guide, with page numbers. Skip to whichever chapter answers your question right now.

1. The Whole Idea in One Glance	5
2. Why Your Body Clock Gets Confused	5
3. Daylight Is the Most Powerful Tool You Have	6
4. Easing Into the New Time Zone Early	6
5. Apps That Plan Your Light and Sleep for You	6
6. Setting Your Phone to the New Time Early	7
7. Your Phone's Built-In Sleep Helper	7
8. Turning On Sleep Mode Step by Step	8
9. Keeping the Phone Quiet While You Sleep	8
10. So a True Emergency Can Still Reach You	9
11. Sleep Sounds for a Noisy Hotel	9
12. Warming Your Screen for Better Sleep	10
13. Why Water Matters So Much When You Travel	10
14. Gentle Reminders to Stand and Stretch	10
15. What a Fitness Watch or Band Can Tell You	11
16. Your Phone Already Counts Your Steps	11
17. Keeping Your Pills on Schedule in a New Zone	12
18. When Medicine Timing Needs a Plan	12
19. The Right Way to Nap on a Trip	13
20. Coffee and Tea, Friend and Foe	13
21. Letting Mealtimes Help Reset Your Clock	13

22. Why a Nightcap Can Backfire on a Trip	14
23. Carrying a Little Home With You	14
24. Making a Strange Room Dark and Cool	15
25. A Word on Sleep Aids and Supplements	15
26. Making the Most of Your Arrival Day	16
27. Jet Lag Works in Reverse Too	16
28. When the Trip Is Too Short to Adjust	16
29. Staying Sharp on a Long Road Trip	17
30. Easing Travel Nerves With Your Phone	17
31. Knowing When to Chase the Sun	18
32. Seeing How Your Rest Improves	18
33. Simple Moves That Keep You Comfortable	19
34. Keeping Your Sleep Tools Powered Up	19
35. Resting Your Eyes on Long Journeys	19
36. Telling Jet Lag From Something More	20
37. Keeping Health Information With You	20
38. Helping a Spouse or Friend Rest Too	21
39. You Do Not Need to Do Everything	21
40. Getting Ready Before You Leave	22
41. A Simple Daily Rhythm on the Road	22
42. When It Is Worth Calling Me	22
Everyday Cheat Sheet	23
A Picture to Follow Along	24

A Second Look 25

A Note From Bill 25

Your Visit — and My Promise 26

THE 60-SECOND VERSION

1. The Whole Idea in One Glance

If you remember only this page, you will still feel better on your trip.

Jet lag happens when your body's inner clock is still on home time while the sun outside is on a new schedule. Your phone can help your clock catch up faster, remind you to rest and move, and keep your bedtime calm even in a strange hotel room. You do not need any fancy gadget; the settings and a few free apps do most of the work.

- Shift your sleep a little earlier or later in the days before you fly
- Use a jet lag app that tells you when to seek light and when to avoid it
- Turn on your phone's Sleep setting so nights are quiet and dim
- Drink water and stand up often, with gentle reminders from your phone
- Keep medicine on schedule even as the clock changes
- Check with your doctor before the trip if you take daily medicine

GOOD TO KNOW

Jet lag is temporary and harmless for most people. A rough rule of thumb is that your body adjusts about one time zone per day. The tools here simply make those days gentler.

WHAT JET LAG IS

2. Why Your Body Clock Gets Confused

Deep inside you is a kind of clock that decides when you feel sleepy and when you feel wide awake. It runs mostly on daylight. When you fly across several time zones in a few hours, that clock is left behind, still telling you it is bedtime when your destination is eating lunch.

That mismatch is jet lag. It can leave you groggy during the day, awake at night, and a little off your food. The farther you fly east or west, the more zones you cross, and the more your clock has to shift.

GOOD TO KNOW

Flying east, where you lose hours, is usually harder than flying west, where you gain them. Most people find it easier to stay up late than to fall asleep early.

LIGHT IS THE KEY

3. Daylight Is the Most Powerful Tool You Have

Of everything that nudges your body clock, light is the strongest by far. Getting bright daylight at the right time pulls your clock toward the new schedule. Getting it at the wrong time can push your clock the wrong way and make things worse.

This is why the better jet lag tools are built around light: when to go outside and soak up the sun, and when to put on sunglasses or stay in the shade. You do not have to work out the timing yourself; an app can do it for you, which we will get to.

TIP

A walk outdoors in natural light beats any pill for resetting your clock. Even on a cloudy day, outdoor light is far brighter than any indoor room.

START BEFORE YOU GO

4. Easing Into the New Time Zone Early

You can take the edge off jet lag before you ever leave home by shifting your sleep a little each day in the direction of your destination. If you are flying east, go to bed and wake up a bit earlier for a few days. If you are flying west, drift a bit later.

- 1 Three or four days before the trip, move your bedtime by thirty to sixty minutes
- 2 Shift your wake-up time by the same amount
- 3 Nudge your meals in the same direction so hunger follows along
- 4 Get bright light soon after you wake to lock in the new rhythm
- 5 By departure day, you are already part way adjusted

TIP

Even a small head start helps. Shifting your clock by just an hour before you leave can shave a day off how long jet lag lingers once you arrive.

JET LAG APPS

5. Apps That Plan Your Light and Sleep for You

There are apps built for one job: easing jet lag. You enter your flights and your usual sleep hours, and the app hands you a simple, personalized plan. It tells you, hour by hour, when to seek bright light, when to avoid it, when to try to sleep, and sometimes when a little caffeine helps or hurts.

Timeshifter is one well-known example, built on sleep science from Harvard researchers, and there are others in both app stores. Most let you try your first trip plan for free, then charge for more, often a single-trip fee of around ten dollars or a yearly subscription in the twenties. Confirm the current price in the app store before you buy.

GOOD TO KNOW

You do not strictly need one of these apps. They simply take the guesswork out of when to chase light and when to hide from it, which is the hardest part to judge on your own.

ON THE PLANE

6. Setting Your Phone to the New Time Early

A small mental trick helps your body follow along: once you board the plane, set your thinking to the time at your destination, not the time back home. Deciding it is already bedtime over there makes it easier to rest, and deciding it is morning makes it easier to stay awake.

- Most phones change the clock on their own once you land and connect
- You can also change your phone's time zone by hand in Settings to match where you are headed
- Glance at that destination time to decide whether to nap or stay up
- Try to sleep on the plane only if it is night where you are going

TIP

If it will be daytime when you land, resist a long sleep on the plane. A short rest is fine, but arriving sleepy and then staying up until a local bedtime helps your clock reset faster.

THE SLEEP SETTING

7. Your Phone's Built-In Sleep Helper

Both iPhones and Android phones have a built-in sleep feature that turns your phone into a calm bedside companion at night. It dims the screen, hushes notifications, and can gently wake you with an alarm, all on a schedule you set once.

On an iPhone this lives in the Health app under Sleep, and it switches on something called Sleep Focus at bedtime. On many Android phones it is called Bedtime mode, found in the Clock app. Both do the same friendly job: they keep the night quiet so your rest is not broken by a buzzing phone.

GOOD TO KNOW

You only set this up once. After that, your phone quietly goes calm every night at your bedtime and wakes up with you in the morning, at home or away.

SETTING UP SLEEP

8. Turning On Sleep Mode Step by Step

Setting this up takes about two minutes, and it is worth doing before your trip so it is ready for the first strange hotel room.

- 1 On iPhone, open the Health app, tap Browse, then Sleep, and tap Get Started
- 2 Choose your bedtime, your wake-up time, and the days it should run
- 3 On Android, open the Clock app and tap the Bedtime tab
- 4 Set your bedtime and wake time, and let it turn on Do Not Disturb
- 5 Save it, and your phone now goes quiet each night on its own

TIP

You can keep two schedules, such as one for ordinary weeks and one for a trip. That way your travel bedtime does not mess up your routine when you get home.

DO NOT DISTURB

9. Keeping the Phone Quiet While You Sleep

The heart of a good night is a phone that does not light up and buzz every time an email arrives. The feature that handles this is called Do Not Disturb, and it silences calls and alerts during the hours you choose. The sleep setting turns it on for you, but you can also flip it on any time you want peace.

- Do Not Disturb mutes calls, texts, and app alerts while it is on
- You can let a few important people ring through, such as family
- Alarms still sound, so you will never oversleep because of it
- On iPhone it is a Focus; on Android it is in the quick settings pull-down

WATCH OUT

Make sure your alarm is set before you turn in. Do Not Disturb silences notifications, but it never silences your alarm, so you can rest easy that you will wake on time.

LETTING FAMILY THROUGH

10. So a True Emergency Can Still Reach You

Many people worry that a quiet phone means missing an urgent call from home. You can set things up so that a chosen few always get through, even at night. This gives you a silent phone and peace of mind at the same time.

- 1 Open your phone's Do Not Disturb or Sleep settings
- 2 Look for an option to allow calls from certain people
- 3 Add your spouse, children, or anyone who might need you
- 4 Turn on the setting that lets a second call in a row ring through
- 5 Now a real emergency reaches you while everything else stays quiet

GOOD TO KNOW

The second-call setting is a clever safety net. If someone calls twice within a few minutes, the phone decides it must be important and lets it ring.

WHITE NOISE

11. Sleep Sounds for a Noisy Hotel

Hotel rooms are full of strange sounds: hallway doors, elevators, a neighbor's television. A steady, soft background sound can cover those up and lull you to sleep. This is often called white noise, and it is simply a gentle, even hush like rainfall or a fan.

Free sleep-sound apps are easy to find in both app stores, with names like Sleep Sounds and Pink Noise Machine. They offer rain, ocean waves, a fan, and more, usually with a timer that fades the sound off after you drift away. Some sell a paid upgrade, but the free sounds are plenty.

TIP

Set the timer so the sound stops an hour or two after bedtime. That way it carries you to sleep without running all night and draining your battery.

BLUE LIGHT AT NIGHT

12. Warming Your Screen for Better Sleep

The bright, bluish glow of a phone screen in the evening can trick your brain into thinking it is still daytime, making it harder to wind down. Your phone can shift its screen to a warmer, softer tone after sunset to ease this. On iPhone the feature is called Night Shift; on Android it is often Night Light or a comfort setting.

- Night Shift lives under Display and Brightness on an iPhone
- You can set it to turn warm automatically from sunset to sunrise
- On Android, look for Night Light in the Display settings
- A warmer screen is easier on the eyes in a dim room

TIP

The kindest thing you can do is set the phone down well before bed. These screen settings help, but a half hour of real rest for your eyes helps more.

STAYING HYDRATED

13. Why Water Matters So Much When You Travel

The air inside a plane is very dry, and it is easy to forget to drink when you are busy traveling. Being short on water makes jet lag, headaches, and tiredness feel worse. Keeping up your fluids is one of the simplest things that makes a trip more comfortable.

A phone can gently nudge you to sip through the day. There are free water-reminder apps, or you can simply set a few repeating reminders in your phone's own Reminders or Clock app. A gentle buzz every couple of hours is often all it takes.

GOOD TO KNOW

Carry an empty water bottle through airport security and fill it at a fountain past the checkpoint. It saves money and keeps water within reach on the plane.

KEEP MOVING

14. Gentle Reminders to Stand and Stretch

Sitting still for hours, on a plane or in a car, leaves you stiff and sluggish and is not good for your legs. Standing up, stretching, and taking a short walk every hour or two keeps your blood moving and your body happier. Your phone can remind you so you do not lose track of time.

- An Apple Watch nudges you to stand once an hour
- Android phones and watches have similar move reminders
- You can also set a plain repeating reminder every hour
- On a long flight, a slow walk to the back of the plane counts

TIP

Even small movements in your seat help: roll your ankles, flex your feet, and shrug your shoulders. On a long drive, stop every couple of hours to stretch your legs.

FITNESS TRACKERS

15. What a Fitness Watch or Band Can Tell You

A fitness tracker is a watch or wristband that counts your steps, watches your heart rate, and keeps an eye on your sleep. On a trip it can be a friendly nudge to keep moving and a quiet record of how well you are resting as your clock adjusts.

Apple Watch, Fitbit, Samsung, and Garmin are the common names, and they range from modest bands to fuller watches. They are helpful but not required. If you already wear one, let it count your steps and track your sleep; if you do not, your phone alone does plenty.

GOOD TO KNOW

A tracker's sleep score is a rough guide, not a medical reading. Use it as encouragement to rest more, not as something to fret over if a number looks low after a long flight.

STEP COUNTING

16. Your Phone Already Counts Your Steps

Even without a watch, the phone in your pocket quietly counts your steps all day. It is a nice way to make sure you are moving enough while sightseeing, and a gentle goal to aim for keeps you active on a trip where it is easy to sit around.

- On iPhone, open the Health app to see your daily steps
- On Android, the Google Fit or Samsung Health app shows the same
- Carry the phone in a pocket or bag so it can count
- Aim for a comfortable goal, not a punishing one

TIP

Walking is one of the best cures for jet lag because it gets you outdoors in daylight and moving at once. A morning stroll in a new city does double duty.

MEDICINE ON TIME

17. Keeping Your Pills on Schedule in a New Zone

If you take daily medicine, a change in time zones can throw off when you take it, and that worries a lot of travelers. A reminder app helps you stay on track, but the timing of certain medicines deserves a little planning with your doctor, which we will cover on the next page.

A medication reminder app lets you list your pills and buzzes you when it is time. Medisafe is one popular free option, and both Apple Health and Android have a built-in medications feature. For most everyday vitamins and simple pills, following the local clock is fine.

WATCH OUT

Some phone reminders shift automatically when you change time zones and some do not. Before you rely on one, test it so you know whether it follows you to the new zone or stays on home time.

ASK YOUR DOCTOR

18. When Medicine Timing Needs a Plan

Most pills are forgiving about an hour or two, but a few, such as certain heart, diabetes, or thyroid medicines, work best taken a set number of hours apart. Crossing many time zones can stretch or shrink that gap if you simply follow the local clock, so it is worth a quick word with your doctor or pharmacist before you go.

- Ask whether to follow the local clock or keep a fixed gap between doses
- Ask how to handle the travel day itself, when the clock jumps
- Carry a written list of your medicines and the times you take them
- Keep medicines in your carry-on, never in a checked bag

GOOD TO KNOW

This guide offers general tips only. Your doctor and pharmacist know your medicines and your health, so let them make the call on any timing that matters. A short phone call before the trip settles it.

NAPS DONE RIGHT

19. The Right Way to Nap on a Trip

A nap can be a lifesaver when jet lag has you flagging in the afternoon, but a nap done wrong keeps you up all night. The trick is to keep it short and early. A twenty- or thirty-minute rest refreshes you without stealing your nighttime sleep.

- 1 If you must nap, do it in the early afternoon, not the evening
- 2 Set an alarm for twenty to thirty minutes so you do not oversleep
- 3 Rest in a dim, quiet spot with your phone on Do Not Disturb
- 4 When the alarm sounds, get up and into daylight to wake fully

WATCH OUT

A long nap late in the day is the enemy of a good night's sleep abroad. If you feel yourself fading at four in the afternoon, a short walk in the sun is often better than a nap.

CAFFEINE

20. Coffee and Tea, Friend and Foe

A cup of coffee in the morning can help you feel alert and push your clock toward the new day. The same cup in the afternoon or evening can keep you tossing and turning for hours. Caffeine lingers in the body far longer than most people expect.

The simple rule is to enjoy it earlier in the day and ease off well before evening. Some jet lag apps even tell you the best window for a cup based on your plan. When in doubt, switch to water or a caffeine-free drink after lunch.

TIP

If you love an after-dinner coffee at home, ask for a decaf version while you are adjusting to a new time zone. Your nighttime sleep will thank you.

EATING AND MEALS

21. Letting Mealtimes Help Reset Your Clock

Your body clock takes cues not only from light but from when you eat. Shifting your meals to the local schedule, even if you are not very hungry at first, helps nudge your inner clock along. Eating a big meal at what your body thinks is the middle of the night, though, can sit heavily and keep you awake.

- Try to eat at local mealtimes from the first day
- Keep late-night meals light and easy on the stomach
- A light, protein-rich breakfast helps you feel awake in the morning
- Go easy on heavy, rich food while your stomach adjusts

GOOD TO KNOW

You do not have to force a full meal when your body is not ready. A small, sensible bite at the local time still sends the signal that helps your clock catch up.

ALCOHOL

22. Why a Nightcap Can Backfire on a Trip

A drink on the plane or at dinner feels relaxing, and it may help you nod off. The trouble is that alcohol tends to break up your sleep later in the night, leaving you more tired, and it adds to the dryness that already comes with flying.

There is no need to go without entirely. Just know that going easy, and drinking an extra glass of water alongside, leaves you feeling far better the next day while your body is already working hard to adjust.

TIP

Match each alcoholic drink with a glass of water. It slows you down, keeps you hydrated, and makes the morning kinder.

KEEPING ROUTINES

23. Carrying a Little Home With You

Our bodies love routine, and keeping a few familiar habits helps you settle anywhere. The small rituals you do before bed at home, a wash, a bit of reading, a cup of herbal tea, tell your body it is time to wind down even in an unfamiliar room.

- Keep your usual bedtime wind-down, wherever you are
- Pack a familiar item, like your own pillowcase or a book
- Do your morning routine in the same order as at home
- Stick to roughly the same bedtime once you have adjusted

GOOD TO KNOW

Routines are powerful precisely because they are boring and familiar. The more your evening abroad resembles your evening at home, the easier sleep comes.

A DARK ROOM

24. Making a Strange Room Dark and Cool

Sleep comes easier in a room that is dark, quiet, and a touch cool. Hotel rooms often have gaps in the curtains, glowing standby lights, and warm air. A few small fixes make a big difference, and you can control some of them from your phone.

- 1 Pull the curtains fully closed and clip the gap shut if you can
- 2 Cover or turn away any glowing lights from the television or clock
- 3 Pack a simple eye mask for stubborn light
- 4 Set the room a little cooler than you think you need
- 5 Use your sleep-sound app to cover hallway noise

TIP

A spare clothes clip or a pants hanger holds hotel curtains shut at that annoying middle gap where the morning sun sneaks through.

MELATONIN

25. A Word on Sleep Aids and Supplements

You may have heard of melatonin, a supplement some travelers use to nudge their body clock. It is widely sold, but how and when to take it matters, and it is not right for everyone. The same goes for any over-the-counter sleep aid.

Because this is a health matter, the best advice is simple: talk with your doctor or pharmacist before trying any sleep aid or supplement for jet lag, especially if you take other medicines. They can tell you whether it suits you and how to use it safely.

WATCH OUT

Just because something is sold without a prescription does not mean it mixes well with your other medicines. A quick check with your pharmacist is always worth it.

THE FIRST DAY

26. Making the Most of Your Arrival Day

How you handle the first day sets the tone for the whole trip. The golden rule is to get onto the local schedule as fast as your body will allow: see daylight, eat at local times, stay gently active, and hold out until a reasonable local bedtime.

- Get outside into daylight soon after you arrive
- Eat your meals at the local times, even if lightly
- Stay up, gently, until a normal local bedtime
- Avoid a long afternoon nap on that first day
- Go to bed a touch tired and you will sleep well

TIP

A short, easy walk outdoors on arrival day works wonders. It wakes you up, stretches travel-weary legs, and starts resetting your clock all at once.

BACK HOME

27. Jet Lag Works in Reverse Too

People forget that the trip home brings its own jet lag, often just when they have a stack of chores and errands waiting. The same gentle tools apply: light at the right time, a steady bedtime, water, and movement. Give yourself a little grace for a few days.

If you used a jet lag app for the outbound trip, open it again and let it build a plan for the journey home. Returning east or west simply flips the advice, and the app handles that for you.

GOOD TO KNOW

Try not to schedule anything demanding for the day after a long flight home. A quiet day to recover lets your clock catch up without the pressure.

SHORT TRIPS

28. When the Trip Is Too Short to Adjust

For a quick trip of only a day or two across many time zones, it can make more sense not to fully adjust at all. Fighting to flip your clock and then flipping it right back can leave you more worn out than simply staying close to home time.

Some jet lag apps have a setting for exactly this, sometimes called a quick-turnaround plan, which keeps you nearer your home schedule for a brief trip. It is a handy option to know about if you ever travel far for just a couple of days.

TIP

For a short trip, try to schedule the important parts for the hours when you would naturally be awake at home. You will be at your sharpest then.

DRIVING TRIPS

29. Staying Sharp on a Long Road Trip

A long drive does not cross time zones the way a flight does, but it brings its own tiredness from hours behind the wheel. Here the wellness tools shift toward staying alert and taking breaks, because a drowsy driver is a danger to everyone.

- Set a reminder to stop and stretch every couple of hours
- Share the driving if you can, and swap before you get tired
- Pull over for a short rest the moment you feel drowsy
- Keep water and light snacks within reach
- Save hard driving for the hours you are normally most alert

WATCH OUT

No app or coffee replaces real sleep behind the wheel. If your eyes are heavy, pull over somewhere safe and rest. The trip can wait.

STRESS AND CALM

30. Easing Travel Nerves With Your Phone

Travel can be exciting and also a little stressful, and worry is one of the great thieves of sleep. A few minutes of calm breathing or a gentle guided relaxation can settle your mind before bed in a strange place.

Apps like Calm and Headspace offer short, soothing sessions, and both app stores have many free options with breathing exercises and bedtime stories. Even your phone's built-in breathing feature, found in the health or wellness app, can walk you through a calming minute.

GOOD TO KNOW

A simple slow-breathing exercise, in for four counts and out for six, calms the body anywhere, with no app at all. It is a handy trick in a bumpy flight too.

SUNLIGHT TIMING

31. Knowing When to Chase the Sun

The single rule that does the most good is getting daylight at the right end of the day for your direction of travel. In plain terms, after flying east you want morning light and should ease off bright light in the late evening. After flying west you want late-afternoon and evening light to help you stay up.

This is exactly the timing a jet lag app works out for you, down to the hour. But even a rough version of this rule, chasing morning sun going east and evening sun going west, speeds up your recovery.

GOOD TO KNOW

Getting light at the wrong time can set you back, which is why the apps also tell you when to wear sunglasses or stay indoors. Timing matters as much as the light itself.

TRACK YOUR SLEEP

32. Seeing How Your Rest Improves

If you wear a watch or use your phone's sleep feature, you can look back and see how your nights improve as your body adjusts. It is encouraging to watch a rough first night turn into a solid one by day three or four, proof that your clock is catching up.

- The Health app on iPhone charts your nightly sleep
- Fitbit, Samsung, and Garmin apps do the same for their watches
- Look for the trend over several days, not one single night
- Use it as gentle encouragement, not a source of worry

GOOD TO KNOW

A tracker records when you were still and likely asleep. It is a helpful general picture, not an exact science, so take the numbers lightly and focus on how you feel.

FRESH AIR AND LEGS

33. Simple Moves That Keep You Comfortable

Beyond the gadgets, a few old-fashioned habits keep your body comfortable on any trip. Gentle movement, fresh air, and not sitting too long do more for how you feel than any app. Your phone's job is simply to remind you to do them.

- Take a short walk after meals to aid digestion and sleep
- Stand and stretch every hour on long journeys
- Roll your shoulders and ankles while seated
- Step outside for fresh air and daylight when you can

TIP

If your legs tend to swell on long flights, ask your doctor whether simple compression socks suit you. Many travelers find them a comfort on all-day journeys.

CHARGING AT NIGHT

34. Keeping Your Sleep Tools Powered Up

All these helpers only work if your phone and watch have charge. A phone running a sleep-sound app all night, or a watch tracking your rest, uses battery, so a good charging habit keeps everything ready for the morning.

- Charge your phone and watch by the bed each night
- Pack the right plug adapter if you travel abroad
- A small power bank keeps you covered during long travel days
- Set sleep sounds on a timer so they do not run all night

WATCH OUT

Keep the charger in the same spot in every hotel, such as the nightstand, so you never leave it behind when you pack up to move on.

EYES AND SCREENS

35. Resting Your Eyes on Long Journeys

Staring at a small screen for hours on a plane or in a waiting lounge tires your eyes and can leave you feeling foggy. Giving your eyes regular breaks keeps you more comfortable and helps your evening wind-down later.

A gentle habit is to look up from the screen every so often and let your eyes rest on something far away for a moment. In the evening, warming your screen with Night Shift or Night Light, and dimming the brightness, is kinder to tired eyes.

TIP

Turn up the text size on your phone while traveling if squinting tires you. Larger, clearer text means less strain during long waits and layovers.

IF YOU FEEL UNWELL

36. Telling Jet Lag From Something More

Jet lag feels like tiredness, a muddled head, and off sleep, and it eases within a few days. Now and then, though, travelers feel unwell in ways that are not jet lag at all, and it is worth knowing the difference so you do not simply wait it out.

- Ordinary jet lag improves a little each day and fades within a week
- Chest pain, breathlessness, or a swollen, painful calf need prompt care
- A fever, bad stomach upset, or symptoms that worsen are not jet lag
- Trust your gut: if something feels wrong, seek help

WATCH OUT

If you ever have chest pain, trouble breathing, or a hot, swollen, painful leg after a long flight, treat it as urgent and get medical help. These are not jet lag.

HEALTH ON HAND

37. Keeping Health Information With You

It brings real peace of mind to carry your key health details where you or a helper can find them. Your phone can hold a Medical ID with your conditions, medicines, allergies, and an emergency contact, viewable even from a locked screen.

- 1 On iPhone, open the Health app and tap your picture, then Medical ID
- 2 Fill in your conditions, medicines, allergies, and a contact
- 3 Turn on the option to show it when the phone is locked
- 4 On Android, set up Emergency information under Safety and emergency
- 5 Carry a paper copy in your wallet as a sturdy backup

GOOD TO KNOW

A paper list of your medicines and conditions, tucked in your wallet, never runs out of battery. It is the simplest safety net of all.

TRAVELING WITH OTHERS

38. Helping a Spouse or Friend Rest Too

If you travel with a partner, you can set these tools up for both of you so neither is kept awake by the other's phone. A little coordination, like matching bedtimes and both using Do Not Disturb, makes for calmer nights all round.

It also helps to agree on little things: who gets up first, keeping the sleep-sound app on a shared timer, and letting each other nap without worry. Travel rest is easier when you plan it together.

TIP

Pack a pair of comfortable earplugs for whoever is the lighter sleeper. Combined with a sleep-sound app for the other, both of you rest better.

KEEP IT SIMPLE

39. You Do Not Need to Do Everything

If this all feels like a lot, take heart: you do not need every tool here. Pick the two or three that appeal to you and let the rest go. Even one good habit, like getting morning daylight and keeping a steady bedtime, makes a real difference.

- Choose a couple of tools, not all of them
- Daylight and a steady bedtime matter most of all
- Water and gentle movement come next
- Everything else is a nice extra, not a must

GOOD TO KNOW

The goal is to feel better on your trip, not to run a science experiment. If a tool feels like a chore, skip it and enjoy yourself.

A PRE-TRIP PLAN

40. Getting Ready Before You Leave

A few minutes of setup at home means everything is ready when you arrive tired. Do this at the kitchen table with your phone charged and a cup of tea, and your trip starts off on the right foot.

- 1 Set up your phone's Sleep mode and bedtime schedule
- 2 Add any medicine reminders and test that they work
- 3 Download a sleep-sound app and a jet lag app if you want one
- 4 Set water and stand reminders for travel days
- 5 Fill in your Medical ID and pack a paper health list

GOOD TO KNOW

Begin nudging your bedtime toward the new time zone a few days before you fly. By departure, you are already part of the way there.

A GENTLE ROUTINE

41. A Simple Daily Rhythm on the Road

Once you are traveling, a loose daily rhythm keeps you feeling well without any fuss. It is nothing more than a handful of the habits from this guide, strung together into an easy day.

- Morning: daylight, water, a light breakfast, and a short walk
- Midday: keep moving, eat at local times, ease off caffeine after lunch
- Evening: warm the screen, dim the lights, start your wind-down
- Night: Do Not Disturb on, sleep sounds on a timer, alarm set

GOOD TO KNOW

Within a few days this rhythm becomes second nature, and you will barely think about it. That is when you know your body has caught up with the clock.

WHEN TO CALL

42. When It Is Worth Calling Me

Most of these settings take only a few minutes, but if the menus do not match your phone, or you would simply rather have someone sit beside you and set it all up, that is exactly what I am here for. I have spent 30-plus years helping people get comfortable with their devices, and I serve folks all over Portage County.

I can set up your Sleep mode, Do Not Disturb, medicine reminders, and Medical ID in one friendly visit, and show you how to use a jet lag app before your trip. My first in-home visit is a flat \$99 and includes a 30-day follow-up, and if you would rather, I can help over a screen-share for \$49. You can also ask my assistant Sophie your quick questions any time.

TIP

Call me at (330) 200-8042 or email Bill@BillsHomeTech.com before your trip, and we will get your phone set up so you can rest easy and enjoy yourself from the first day.

CHEAT SHEET

Everyday Cheat Sheet

Keep this page handy for your trip. It is the short answer to feeling rested and well while you travel across time zones.

- Shift your bedtime toward the new zone a few days before you fly
- Get morning daylight after flying east, evening light after flying west
- Turn on your phone's Sleep mode and Do Not Disturb for quiet nights
- Let a few family members ring through in case of emergency
- Use a sleep-sound app with a timer for noisy hotels
- Warm the screen at night with Night Shift or Night Light
- Drink water often and stand up every hour or two
- Keep medicine on schedule and ask your doctor about time-zone timing
- Fill in your Medical ID and carry a paper health list
- Get help: call Bill at (330) 200-8042

AT A GLANCE

A Picture to Follow Along

Which Tool for Which Problem?

Match the phone tool to what is bothering you.

Jet Lag

Jet lag app plan
Chase daylight
on time
Shift bedtime
early

Noisy Night

Sleep mode on
Do Not Disturb
quiet
Sleep-sound app
timer

Stiff Body

Stand reminders
hourly
Water reminders
too
Count your daily
steps

Daily Meds

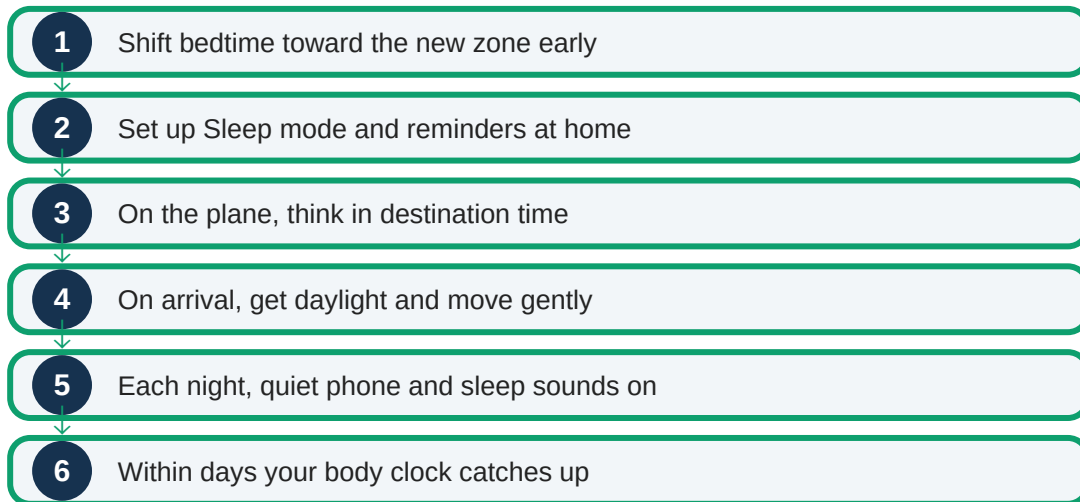
Reminder app set
Ask doctor on
timing
Keep pills in
carry-on

AT A GLANCE

A Second Look

From Home to Well-Rested Abroad

A gentle path through the whole trip.



BEFORE YOU GO

A Note From Bill

A quick note from Bill. I write these guides to make home tech a little less frustrating, and I do my best to keep every step accurate and up to date. Still, every home, device, and setup is a bit different, so I can't promise a guide will match yours exactly or fix your particular problem. These guides are for general information only — they're not professional, legal, or financial advice, and they don't replace your device's own manual or the manufacturer's instructions. Please go slow, use your own good judgment, and use everything here at your own risk. If a step involves electrical wiring, a gas appliance, a water heater, plumbing, or climbing a ladder — or if anything just doesn't feel safe — please stop and call a licensed professional (or give me a call at 330-200-8042). Bill's Home Tech and Bill Davis can't be responsible for any damage, data loss, or injury that results.



HOW I CAN HELP

Your Visit — and My Promise

In-home visit — \$99 flat for your first visit. No contracts and no surprise charges, and a 30-day follow-up is included.

Remote Support — \$49 for a screen-share session. I only connect with your permission, you watch the whole time, and you can end anytime. If I can't fix it over the screen-share, I refund the \$49 — and if it turns out you need me in person, that \$49 goes toward your visit. It's included free for Support Plan members (\$39/mo).

GOOD TO KNOW

My promise — If you're not 100% satisfied with your visit, I'll come back at no charge, or refund the full \$99. No questions, no awkwardness. That's how I'd want to be treated.

Call or text **(330) 200-8042** · Book a visit: billshometech.com/book · bill@billshometech.com

This free guide is for general information only — not professional advice, and no substitute for your device's own manual. Any prices or outside products mentioned can change; please confirm current details before you buy. Please use your own good judgment and follow it at your own risk — for anything involving electricity, gas, water, or heights, stop and call a licensed professional. Bill's Home Tech and Bill Davis can't be responsible for any damage, data loss, or injury that results. © 2026 Bill's Home Tech, LLC.