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sleep-to-enhance-travel-by-cruising-review

Cruising Review

The Benefits of Sleep While Traveling health series by Cruising Review to enhance and protect health before, while, and after traveling.



This webpage QR code

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Discover the benefits of sleep while traveling and learn practical tips on adjusting for jet lag and time zone changes. Enhance your travel experience with strategies for better rest, from gradual schedule adjustments to strategic light exposure and wise consumption.

PDF Version of the webpage (first pages)

4/20/2024

The Benefits of Sleep While Traveling

Traveling can be an exhilarating experience, offering new sights, cultures, and memories. However, it often comes with the unwelcome companion of jet lag, particularly when crossing multiple time zones. Understanding the benefits of sleep while traveling and how to adjust for jet lag or time zone changes can significantly enhance your travel experience, making your adventures more enjoyable and productive.

The Benefits of Sleep While Traveling

1. **Enhanced Immune Function:** Adequate sleep is crucial for the immune system to function optimally. This is particularly important when traveling, as exposure to new environments and crowded places like airports can increase the risk of illness[1].
2. **Improved Mood and Cognitive Function:** Sleep plays a vital role in cognitive processes such as memory, attention, and decision-making. Well-rested travelers are more likely to enjoy their experiences and handle the stresses of travel with ease[2].
3. **Better Energy and Endurance:** Exploring new destinations often requires physical stamina. Quality sleep helps replenish energy stores, making sightseeing and adventures more manageable and enjoyable[3].

How to Adjust for Jet Lag or Time Zone Changes

1. **Gradual Schedule Adjustment:** A few days before your trip, gradually adjust your sleep schedule to more closely align with your destination's time zone. This can ease the transition and reduce the severity of jet lag[4].
2. **Strategic Light Exposure:** Light exposure can help reset your internal clock. Seek morning light when traveling eastward and evening light when heading westward to help adjust your body to the new time zone[5].
3. **Mindful Consumption:** Limit caffeine and alcohol intake, as both can interfere with sleep quality. Opt for water and hydrating beverages, especially during the flight[6].
4. **Use of Melatonin:** Consider taking melatonin supplements to help adjust your sleep-wake cycle to the new time zone, particularly when traveling eastward over multiple time zones[7].
5. **Create a Comfortable Sleep Environment:** Bring items that can help you sleep more comfortably, such as a travel pillow, eye mask, and earplugs. Try to mimic your home sleep environment as much as possible[8].
6. **Stay Active:** Engage in light exercise during the day to promote better sleep at night. This can also help your body adjust more quickly to the new time zone[9].
7. **Nap Wisely:** If you need to nap due to a lack of sleep, do so for no more than 20-30 minutes to avoid further disrupting your sleep cycle[10].

Conclusion

Implementing strategies for better sleep and adjusting to new time zones can significantly improve your travel experience. By prioritizing rest, you not only combat the effects of jet lag but also enhance your overall health, mood, and enjoyment of your travels.

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Sleep

SLEEP : Sleep plays a vital role in good health and well-being throughout your life. Getting enough quality sleep at the right times can help protect your mental health, physical health, quality of life, and safety. The damage from sleep deficiency can occur in an instant (such as a car crash), or it can harm you over time. For example, ongoing sleep deficiency can raise your risk for some chronic health problems. It also can affect how well you think, react, work, learn, and get along with others. Sleep helps your brain work properly. While you're sleeping, your brain is preparing for the next day. It's forming new pathways to help you learn and remember information. Sleep plays an important role in your physical health. For example, sleep is involved in healing and repair of your heart and blood vessels. Ongoing sleep deficiency is linked to an increased risk of heart disease, kidney disease, high blood pressure, diabetes, and stroke. Sleep helps maintain a healthy balance of the hormones that make you feel hungry (ghrelin) or full (leptin). When you don't get enough sleep, your level of ghrelin goes up and your level of leptin goes down. This makes you feel hungrier than when you're well-rested. Sleep also affects how your body reacts to insulin, the hormone that controls your blood glucose (sugar) level. Sleep deficiency results in a higher than normal blood sugar level, which may increase your risk for diabetes. melatonin, wine, beer, polyphenols, free radical, dreaming, emotions, sleep quality, good sleepers, poor sleepers, sleep hygiene, public health, caffeine, nicotine, alcohol, exercise, stress, noise, sleep timing, napping, sleep deprivation, sleep rebound, oxidative stress, glutathione recycling, resistance to disease, REM sleep, Free radicals, Hypothalamus, Midbrain, Hindbrain, triphlorethol A, phlorotannins, marine polyphenols, sleep, EEG, hypnotic, transdermal melatonin, daytime sleep, sleep maintenance, hypnotic, EEG spectra, circadian wake drive, body temperature, alertness, copper oxide, pillowcases, skin, lifting, brightness, clinical study, Cancer incidence, Sleep duration, Categorical meta-analysis, Dose-response meta-analysis, sleep, academic performance, students, pharma

Keywords: melatonin, wine, beer, polyphenols, free radical, dreaming, emotions, sleep quality, good sleepers, poor sleepers, sleep hygiene, public health, caffeine, nicotine, alcohol, exercise, stress, noise, sleep timing, napping, sleep deprivation, sleep rebound, oxidative stress, glutathione recycling, resistance to disease, REM sleep, Free radicals, Hypothalamus, Midbrain, Hindbrain, triphlorethol A, phlorotannins, marine polyphenols, sleep, EEG, hypnotic, transdermal melatonin, daytime sleep, sleep maintenance, hypnotic, EEG spectra, circadian wake drive, body temperature, alertness, copper oxide, pillowcases, skin, lifting, brightness, clinical study, Cancer incidence, Sleep duration, Categorical meta-analysis, Dose-response meta-analysis, sleep, academic performance, students, pharma

Summary of Abstracts: Melatonin in Wine and Beer: Beneficial Effects

Melatonin is a hormone secreted in the pineal gland with several functions, especially regulation of circadian sleep cycle and the biological processes related to it. This review evaluates the bioavailability of melatonin and resulting metabolites, the presence of melatonin in wine and beer and factors that influence it, and finally the different benefits related to treatment with melatonin. Melatonin (MEL) concentration varies from picograms to ng/mL in fermented beverages such as wine and beer, depending on the fermentation process. These low quantities, within a dietary intake, are enough to reach significant plasma concentrations of melatonin, and are thus able to exert beneficial effects. Melatonin has demonstrated antioxidant, anticarcinogenic, immunomodulatory and neuroprotective actions. These benefits are related to its free radical scavenging properties as well and the direct interaction with melatonin receptors, which are involved in complex intracellular signaling pathways, including inhibition of angiogenesis and cell proliferation, among others.

The Effects of Sleep Quality on Dream and Waking Emotions Despite the increasing interest in sleep and dream-related processes of emotion regulation, their reflection into waking and dream emotional experience remains unclear. We have previously described a discontinuity between wakefulness and dreaming, with a prevalence of positive emotions in wakefulness and negative emotions during sleep. Here we aim to investigate whether this profile may be affected by poor sleep quality. GS showed high positive emotionality in wakefulness (both past 2 weeks and 24 h) with a significant shift to negative emotionality in dreams, while PS showed evenly distributed emotional valence across all three conditions. No significant regression model emerged between waking and dream affect. In the frame of recent hypotheses on the role of dreaming in emotion regulation, our findings suggest that the different day/night

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