



COMBAT JET LAG

Lite up the sky!

Whether you're flying for business or pleasure, the effect is the same. Jet lag can add turbulence to your first day of vacation, or that important business meeting at the end of your flight. The last thing you want is to feel fuzzy and fatigued.

Jet lag, or dysrhythmia, occurs when your body clock isn't synchronized with your new time zone. Clinical studies show that jet lag gets worse with age, particularly after the age of 50. It's usually dismissed as merely an unpleasant and inevitable side effect of air travel. But it's far from inevitable, with the Litebook!

Jet lag can cause:

After arriving at your destination in a new time zone, you may find you experience some of the following:

- Fatigue
- Insomnia
- Memory Loss
- Irritability
- Difficulty concentrating
- Minor depression

The Litebook...is boarding now!

You need to reset your body clock.

Exposure to bright light, as well as avoidance of it at the proper time, can help reset your body clock in about two days. With The Litebook and Jet Lag Calculator, you simply enter your normal waking time, and the number of time zones crossed, to get a schedule of when to seek light and when to avoid light.

Tell jet lag to...take off!

Enjoy your flight to the fullest with The Litebook!



L I T E B O O K[®]
E D G E[™]

THE LIGHT YOU NEED... EVERY DAY[®]

- Improves mood • Increases energy • Heightens alertness
- Restores sleep patterns • Safe • Easy to use
- Doctor recommended

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