



TRAVEL Q&A

## Shedding Light on Jet Lag

By Scott Vogel  
Washington Post Staff Writer  
Sunday, January 13, 2008

### Q. Any suggestions on how to minimize jet lag when traveling either east or west?

Thomas Pereira, McLean

A. I must admit, when I called one of the nation's leading authorities on sleep and its many enemies, Cornell professor James B. Maas, I didn't expect to hear some breaking news from the world of jet lag. And it's not as if the best-selling author of the 1998 book "Power Sleep" retracted any of his previous tips on avoiding travel's greatest malady. It's still important to "limit the alcohol, make sure you don't get dehydrated, wear loose clothing, walk up and down the aisle several times during the flight and avoid red-eye flights," Maas reiterated. When flying west, you should still try to absorb some afternoon sun upon arrival even if your biological clock is telling you it's nighttime. Similarly, when traveling to London, say, and landing in the morning, fight the urge to "go to a hotel room and sleep for several hours," which will only keep you on Washington time. Instead, the minute you land, go outside and walk around in the sun.

"The problem is, uh, sometimes it's raining in London." Yeah, sometimes it is, which is why Maas is so excited about a new little gadget on the market called Litebook Elite (\$199 at <http://www.litebook.com>, 877-723-5483). It's a contraption that uses daylight spectrum LED bulbs, not unlike the light therapy boxes used by sufferers of seasonal affective disorder. The difference is that at five inches square, the Litebook is portable and therefore can be used to help shift your biological clock quickly no matter where in the world you are.

Purchasers of the Litebook also gain access to a calculator on the company's Web site. After entering data on their normal wake-up times, as well as what time zones they're traveling from and to, the site spits out a customized schedule of when they should avoid light and when they should engage in light therapy (which usually involves 30- to 60-minute exposure the first day, and 15- to 30-minute exposure the second).

"A lot of people are still relying on drugs like Ambien, which when taken as prescribed is an okay drug," said Maas, who confirmed he has no financial interest in the product, although he did admit to having consulted with the manufacturer during its creation. "But the real key is exposure to daylight spectrum light, and for that [the Litebook] is a godsend."

We're interested in traveling through Germany via

### TRAVEL FLIGHTS & DEALS

Need to swap a flight? Want to get a jump on the vacation plan? Find the best prices and routes below.

Travel Search

Air Hotel Car Cruise

Roundtrip One way Multi-city

Leaving from

Include nearby airports

Going to

Include nearby airports

Depart  Time

Return  Time

Travelers

Class of service

Prefer nonstop

Search for Flights

Powered by SideStep The traveler's search engine

### CLIMB ONLINE

Find wireless internet access on the road by plugging in your location.

Address

City

State / Province

Zip Code / Post Code

Country

Proximity

5.0

POWERED BY JTwire

Advertisement

Simply because doing business is not everything  
There is always something else to do in Guadalajara

Jalisco ES MEXICO MEXICO GO!

### TOP JOBS

The Washington Post

- [Business Jobs](#)
- [Computer Jobs](#)
- [Construction Jobs](#)
- [Education Jobs](#)
- [Engineering Jobs](#)
- [Healthcare Jobs](#)
- [Legal Jobs](#)
- [Management Jobs](#)
- [Media Jobs](#)
- [Non-Profit Jobs](#)
- [Sales Jobs](#)
- [Science Jobs](#)

### Find Your Dream Job Now!

keywords  location

Jobs by [SimplyHired](#)

### FEATURED ADVERTISER LINKS

- Lawsuit: Hydroxycut Liver, Cochlear Implants, Zicam, Yaz
- Lawyer: Mesothelioma, Asbestos Lung Cancer, Navy Vets, Plumbers
- Get your credit score range from Equifax 100% Free.
- Create Jobs. Help the Economy. Join the National Gateway.
- Russia Now: In-Depth Coverage of Russia News, Business, and More.

Advertisement

Life Insurance. IT JUST MAKES SENSE.

10-Yr Level Term Life Insurance \$500,000 Policy (Monthly Premiums)

age	male
40	\$20.56
45	\$31.06
50	\$45.06
55	\$77.00

For A FREE Quote

ACCUQUOTE

## RV this summer. Any suggestions on where to rent one and campgrounds to visit?

Marianne Teague, Huntington

"It's definitely kind of a niche market but it *is* growing," said Doug Bredesen of Ideamerge, a Portland, Ore.-based company (888-297-0001, <http://www.ideamerge.com>) that specializes in connecting travelers with RV and camper rental companies around the world (including two in Germany, McRent and DRM). Such vehicles don't come cheap (expect to pay more than \$150 a day for a vehicle that sleeps four), although presumably you'll save money on lodging and food, but not gas, along the way. Whatever company you use, Bredesen said to make sure you get a "fully detailed, broken-down quote," as complete charges can be much higher than base rental costs. As for campgrounds, "we always recommend that people make reservations in advance, but that can take some of the fun out of it. Surprisingly, even in the peak months in Europe, typically you can just roll in and find a spot." More information on German campgrounds can be found at the "Planning Your Trip" page on the country's official tourism site, <http://www.cometogermany.com>.

Send queries by e-mail ([travelqa@washpost.com](mailto:travelqa@washpost.com)) or U.S. mail (Travel Q&A, Washington Post Travel Section, 1150 15th St. NW, Washington, D.C. 20071). Please include your name and town.

**TOOLBOX**  
Resize Print  
E-mail  
Ad  
Constant Contact  
TRY EMAIL MARKETING  
FREE FOR 60 DAYS!  
**COMMENT**  
0 Comments  
COMMENTS ARE CLOSED  
**WHO'S BLOGGING** powered by **sphere**  
> Links to this article



More ways to share this Article...



Reddit



Twitter



myspace



del.icio.us

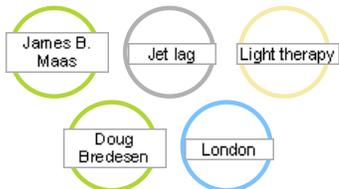


NewsTrust



Stumble It!

### Understand more about:



### News

washingtonpost.com The web

**Obama's Mr. Fix-It Gets Going**  
...Europe this week for the second time in a month. High-level jet lag is one...  
March 8, 2009 | www.washingtonpost.com

**Can Fasting Save the World?**  
Can it, as researchers hypothesize, cure our jet lag and help us get...  
washingtonpost.com

**A Red Flag for Jet Lag**  
...jet lag once you land. If heading to Europe from Washington, most...  
December 26, 2006 | www.washingtonpost.com

**Sox Hope Jet Lag Won't Hurt Against A's**  
The regular season is about to start. And their jet lag is fading...  
March 23, 2008 | www.washingtonpost.com

More about: [Jet lag](#) | [Light therapy](#) | [London](#)

powered by evri

### From Our Partners



Did the NYT Just Call Joe Biden the Second Most Powerful Vice President Ever?

Meet the TV Genius Behind Jon & Kate, Table for 12, and the Duggars

- Does the Health Reform Bill Really Restrict the Rights of Gun Owners?
- The Facebook 50: These Companies Really Know How To Use Social Media
- Would Sen. Obama Approve of President Obama's Afghanistan Plan?
- How Roald Dahl's Stories for Children Eclipsed His Fiction for Adults
- The Most Admirable Person on Reality TV
- Baltimore's Fascinating New Assault on "Crisis Pregnancy" Centers

### People who read this also read...

- Investors worry whether UAE backs Dubai
- Ahmadinejad vows dramatic expansion of Iran's nuclear program
- Virginia fires Al Groh as head football coach
- Disney reviewing options on Oprah replacement

discovery by aggregate knowledge

### Most Viewed Arts & Living Articles

- Chasing fame: The Salahis' desperate 'Housewives' quest
- The Treatment of Kenny Farnsworth
- Heading them off at the White House gate
- In medieval Japan, a gumshoe's dark task

> [Top 35 Arts & Living Articles](#)  
> [Most Popular on washingtonpost.com](#)

## More in Travel



## Road Trip: Tennessee

On a \$500 budget, we take off in search of Elvis, BBQ and Southern charm.

- Unpretentious casual bistros in Paris
- Olympics: Vancouver hotel shortage
- Going Our Way: American Southwest
- Amelia Island, Fla.: Where Carnegies frolicked, so can you



## The Florida issue

In the Gulf, enough islands to match any personality.

- Anglers fish at Florida golf courses
- Food, fashion in Miami's Design District
- Going Our Way: Five days in Egypt
- Dry times (sort of) in this N.J. town

© 2008 The Washington Post Company

### Sponsored Links

#### I Had High Blood Pressure

Now it's down to 120/75. Find out how I did it without drugs  
www.resperate.com

#### Mom Makes \$65/Hr Online

Jobless Mom makes over \$5,000 Month Part Time! Read her story now.  
dailyNews4.com

#### Staples® - Weekly Ad

Hot Deals on Tech Gifts. \$139.99 Garmin GPS, \$99.99 camera bundle & more!  
www.staples.com/weeklyad

[Buy a link here](#)

[NEWS](#) | [POLITICS](#) | [OPINIONS](#) | [BUSINESS](#) | [LOCAL](#) | [SPORTS](#) | [ARTS & LIVING](#) | [GOING OUT GUIDE](#) | [JOBS](#) | [CARS](#) | [REAL ESTATE](#) | [RENTALS](#) | [CLASSIFIEDS](#)

SEARCH:



washingtonpost.com



Web: Results by Google™

[Search Archives](#)

washingtonpost.com: [About Us](#) | [Work for Us](#) | [Advertisers](#) | [Site Map](#) | [Search Terms](#) | [Topics Index](#) | [Make us your homepage](#) | [Newsletters](#) | [Mobile](#) | [RSS](#) | [Widgets](#)

The Washington Post: [Subscribe](#) | [Home Delivery Service](#) | [Advertisers](#) | [PostPoints](#) | [e-Replica](#) | [Online Photo Store](#) | [The Washington Post Store](#) | [About The Post](#) | [National Weekly](#)

The Washington Post Company: [Information and Other Post Co. Websites](#)

© Copyright 1996- 2009 The Washington Post Company | [User Agreement and Privacy Policy](#) | [Rights and Permissions](#)

[Help](#) | [Contact Us](#)