

# 飛行時差

Jet Lag



## 甚麼是飛行時差？

飛行時差是指在短時間橫越多個時區所引發的身體和生理的病徵變化，主要是由於身體的自然節奏和睡眠週期受擾亂而造成。由西飛向東所造成的飛行時差比由東飛向西時較嚴重，故復原時間較久。

## 怎樣可以察覺飛行時差？

病徵包括難以入睡、疲勞、情緒波動、腸胃不適（胃口不佳）。時差亦可影響工作和思維的表現。

## 預防飛行時差方法

- 在開始一個飛越時區的旅程時，應休息充足及避免睡眠不足。
- 假若旅程少過三天，應嘗試按著香港的時間表作息而不按目的地的時間。
- 如果旅程超過三天，應立即依循目的地的睡眠及用膳時間。如有需要，可以在最初數天作午間小睡，以助適應。
- 在目的地接受戶外陽光照射能夠減少時差的徵狀。
- 在飛行途中不可飲用過多的酒精和咖啡。
- 喝大量的水和避免飲酒亦會有幫助。
- 應盡量避免服用安眠藥，如有需要應與醫生商討。

- 雖有大量宣傳謂褪黑激素 (Melatonin) 可舒緩 時差的影響，但它的安全性仍有待證實；如服用時間及劑量不當會有反效果，故應請教醫生。
- 在橫越數個時區後應避免即時駕駛或作出一些重要的決定。

## What is jet lag?

Jet lag refers to the group of physical and physiological symptoms associated with rapid crossing of multiple time zones (meridians). These symptoms are due mainly to the disturbance of the body's natural rhythm and sleep-wake cycle. The time for re-establishment of the body's natural rhythm equilibrium is generally greater with eastward than westward flights.

## How do you recognize jet lag?

Symptoms of jet lag include difficulty in sleeping, tiredness, mood disturbance, tummy upset (e.g. loss of appetite). Jet lag can adversely affect performance, such as manual and cognitive skills.

## Prevention of jet lag

- Travellers should rest fully and not be sleep-deprived at the start of a trans-meridian journey.
- If the trip lasts less than 3 days, attempt to keep to the Hong Kong time schedule of sleep and activity instead of that of the destination.

- If the trip lasts more than 3 days, one should immediately adopt the sleep/meal times of the destination and synchronise with destination's time as quickly as possible. If necessary, take a short nap during the day for the first few days to help your adaptation.
- Outdoor light exposure at destination can reduce symptoms of jet lag.
- Avoid too much alcohol and coffee during flight.
- Take plenty of fluid. Limited alcohol intake can also help.
- Refrain from taking sleeping pills unless necessary. Discuss the use with your doctor.
- Melatonin is a hormone that has been widely publicized to alleviate jet lag. However, there are uncertainties about its safety, and inappropriate timing of dosages may worsen jet lag. You should consult your doctor for further information.
- Avoid making important decisions or driving immediately on arrival after crossing many time zones.

