



Jet Lag Reset — One-Page Checklist

Education only — not medical advice. Check with your clinician before taking melatonin or if sleep problems persist.

TL;DR: Morning outdoor light + dim evenings + meals on local time + (optional) 0.5–3 mg melatonin for 2–4 nights + AM exercise = fastest reset.

Core Actions (Do These First)

- Get 20–30 min outdoor light soon after waking (no sunglasses if safe).
- Keep evenings dim & warm-hued; filter screens in last 60–90 min before bed.
- Take 0.5–3 mg melatonin at local bedtime for 2–4 nights (optional).
- Exercise in the morning/early day; avoid vigorous late-evening training.
- Eat on local schedule (breakfast, lunch, dinner).
- Hydrate; cap naps at 15–20 min before 15:30 only.

Sample Day — If You Land in the Morning

- Arrival: Outdoor light + walk; high-protein breakfast.
- Mid-day: Light movement; no long naps.
- 16:00–17:00: Outdoor light + easy workout.
- Sunset → Bed: Dim lighting, screen filters; melatonin optional 30–60 min pre-bed.

Sample Day — If You Land in the Evening

- Arrival night: Keep lights dim; small snack; aim for local bedtime.
- Day 1 morning: Outdoor light immediately + easy walk.
- Late AM / Early PM: Moderate workout; meals on local time.
- Evening: Dim lights; avoid intense late workouts.

3-Day Anchor Plan

Item	Day 1	Day 2	Day 3
Wake & Light	Fixed time; 20–30 min outdoor light	Same	Same
AM Movement	Easy → moderate	Moderate	Moderate/Hard if recovered
Meals	Breakfast/Lunch/Dinner on local time	Same	Same

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Nap	≤20 min before 15:30 (optional)	Optional	Prefer to skip
Caffeine	Morning only; cut off ≥8 h pre-bed	Same	Same
Evening	Dim warm light; screen filters	Same	Same
Bedtime	Consistent; melatonin optional	Optional	Usually not needed

Common Mistakes to Avoid

- Bright screens after sunset; unfiltered LEDs at night.
- Long naps >30 min on Days 0–2.
- Caffeine within 8 hours of bedtime.
- Intense workouts late in the evening.

Safety

If you are pregnant/breastfeeding, have medical conditions, or take medications (e.g., anticoagulants, anti-seizure, immunosuppressants), consult your clinician before melatonin. If insomnia or daytime impairment persists >2 weeks, see a sleep specialist.

Tip: “No sunglasses” applies only if safe and comfortable for your eyes and conditions.

Client Notes
