

**Table 8-1****Jet lag Treatment with Melatonin****TIME TO TAKE MELATONIN THE DAY BEFORE AND THE DAY OF DEPARTURE**

Time zone change	1106-hours	7109 hours	10 or more hours;
Travel from east to west	When you awake	When you awake	When you awake
Travel from west to east	About 3 PM	About 3 PM	When you awake

**TIME TO TAKE MELATONIN ON ARRIVAL**

Time zone change	1 to 6 hours	7 to 9 hours	10 or more hours
Travel from east	Day 1: when you awake	Day 1: when you awake	Day 1: when it is the same-time at departure that you took it yesterday
To west	Days 2 and 3: 1 to 2 hours later than the day before	Days 2 and 3: 1 to 2 hours later than the day before	Days 2 and 3: 1 to 2 hours later than the day before
Travel from west	Day 1: when it is the same time at departure that you took it yesterday	Day 1: when it is the same time at departure that you took it yesterday	Day 1: when it is the same time at departure that you took it yesterday
To east	Days 2 and 3: 1 to 2 hours earlier than the day before	Days 2 and 3: 1 to 2 hours earlier than the day before	Days 2 and 3: 1 to 2 hours earlier than the day before

*Melatonin dose is 0.5 mg (see text if this makes you sleepy)*

**TIME PERIODS TO BE IN AND TO AVOID BRIGHT LIGHT**

Time zone change	1106 hours	7109 hours	10 or more hours
Travel from east to west	Get bright light later in the day	Get bright light in the middle of the day, avoid bright light later in the day	Get bright light in the morning, and avoid it the rest of the day
Travel from west to east	Get bright light in the morning	Get bright light in the middle of the day, avoid bright light later earlier in the day	Get bright light in the middle of the day, avoid bright light later in the day

Adapted from Bezruchka SA: *The pocket doctor*, Seattle, 1999, The Mountaineers.