

For more detailed information about using your goLITE BLU to help adapt to shift work schedules, visit www.LightTherapy.com.

Jet Lag

Rapidly traveling across several time zones creates disharmony between your internal body clock and the new external time. This not only causes problems with sleeping, but influences mood and energy as well. Because specialized light is effective for shifting circadian rhythms, your goLITE BLU can quickly adjust your rhythm to the new time zone. The best strategy for combating jet lag is to shift your body clock a day or two before leaving.

Traveling East

Use your goLITE BLU in the morning two to three days before leaving. The number of time zones traveled corresponds to the hours needed to shift. On the first day, wake up an hour early and use the goLITE BLU for 30–45 minutes. This will shift your body clock up to three time zones. The next day(s) you need to awaken a couple of hours earlier and repeat this process. Taking time-released melatonin in the early evening or late afternoon can also help accelerate this shift. You should adjust your sleep schedule as described each day. Upon arrival, wear sunglasses to avoid any sunlight before 10:00 a.m. When returning, use your goLITE BLU in the evening for a few nights and avoid any morning light (see Traveling West).

Traveling West

Use your goLITE BLU in the evening for 30–40 minutes a few days before leaving, and use the goLITE BLU a couple of hours later each successive day. Each day you use the goLITE BLU, you shift your internal time up to three hours, and you can increase this shift up to six hours per day by taking melatonin in the morning. When returning, avoid any bright afternoon and evening light and be sure to use your goLITE BLU in the morning for a few days (see Traveling East).