

**how to stay sane during a long flight beachraider** - naturally the best way to pass the time during a long flight is to sleep however you might want to consider bringing along items to help you get a good sleep such as a travel pillow and an eye mask even noise canceling headphones or earplugs can be good if you want some peace and quiet bring food, **long flight here s how to stay healthy and sane** - however not everyone is able to sleep on a long flight your brain actually decides when or if you fall asleep by relying on certain signals like light touch sound and temperature says dr o kennedy, **how to stay sane on a long flight runningtotravel** - how to stay sane on a long flight the mere wording long flight is a subjective one i ll admit for one person a long flight might be anything more than 2 hours and for another it might be anything longer than 6 hours for me a long flight would be anything more than 5 or 6 hours so for the purpose of the rest of this post, **how to stay sane on a long flight universal jetsetters** - how to stay sane on a long flight october 25 2015 22 comments i know i ve been really bad about posting the past couple of weeks but with my move abroad things were so chaotic i barely had time to eat let alone blog, **how to stay sane during a long haul flight arscurrendi com** - there are many things that can go wrong on a long flight but you can only control so much one of those things you are in control of is how much the airplane influences your health here are some tips to help you stay healthy during a long haul flight move around one of the most common tips for people on a long haul flight is to move around, **10 tips for staying sane on a long flight huffpost life** - the moment you get on the plane change your watch to the time in the destination you arrive if it s daytime there then stay awake if it s night then sleep this will really help you beat jet lag, **10 tips about how to stay sane and comfortable on long** - stay hydrated during your flight avoid alcohol and caffeinated drinks shortly before your flight or in flight for long flights a stiff drink wine or coffee is likely to disrupt your ability to sleep well or at all, **how to survive stay sane on a long flight kirst over the** - how to survive stay sane on a long flight i ve started writing this as i fly 39996 feet in the air back from boston the clouds beneath me mapped out like their own world atlas four hours in i m still grateful to the flight attendant who noticed i had a middle seat and switched me to a window just before boarding the plane

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