



Jetlag guideline May 2023

This advice has been written by the medical committee of the International Korfball Federation based on documents available in the literature and from other sport associations as a advice towards players, staff, referees, volunteers and IKF employees.

For every hour of time difference, the body needs about 24 hours to get back into a normal rhythm. Suppose there is a 7-hour time difference, this means that the body needs about 7 days to fully adapt.

Before the trip:

In your own country, the biological clock can already be moved somewhat before departure. You can do this by getting up half an hour to an hour earlier each day and also going to bed earlier. Look for the dark earlier, especially at the end of the day, and look for (bright) light in the morning. In this way, shift the internal clock for a maximum of two or three hours. More is hardly feasible in practice and may be disruptive.

During the flight:

- Set your watch / phone directly to the local time
- If you know what time you will arrive local time, try to adjust your sleep on board to this (in short, go to sleep when it is night at the destination)
- Also adjust exposure to light and use of meals as much as possible to the daily rhythm of the destination.
- Drink enough to prevent dehydration
- Take a walk down the aisle every now and then to avoid stiffness. Compression stockings prevent fluid accumulation in the legs.

On arrival:

It is very important to start adapting to the local daily rhythm of the destination right away. The following advice supports that adjustment:

- Try to maintain 7-9 hours of sleep per night
- You don't have to set an alarm for the first few days but get up as soon as you wake up in the morning. So don't hang around in your bed!
- In the first days there is a good chance that you will be very tired during the day. Try not to give in to this by going to sleep anyway. Take a power nap of no more than 30 minutes in the afternoon.
- Go outside so that your body experiences sunlight. The point is that your body 'feel' that it is daytime, that works best with sunlight. So don't stay indoors all day and take off your sunglasses every now and then. However, avoid a lot of light after 6 pm.
- Be physically active. For example, take a walk outside after breakfast. Pick up your home workout routine in the new time zone as soon as reasonably possible.
- As soon as you go to sleep, make sure that the room is completely dark and quiet. Use ear plugs and eye mask if necessary. Avoid screens (TV, iPad, mobile) about 90 minutes before going to sleep.

It is important to adjust the training sessions in consultation with the medical staff, depending on the duration of the absence and the duration of the time difference.

References:

- <https://nocnsf.nl/media/3303/teamnl-jetlag-protocol.pdf>
- <https://www.topsporttopics.nl/artikel/factsheet-jetlag/>
- <https://www.mayoclinic.org/diseases-conditions/jet-lag/symptoms-causes/syc-20374027>
- <https://blog.klm.com/jet-lag-protocol/>