

# HOW TO BEAT JET LAG: HELP FOR BUSINESS TRAVELERS

## 5 ways to help make sure your travelers arrive rested and ready for work

1

### Time flights strategically.

Try to book travelers' arrival flights so that the local time at the destination is close to the time they'd normally wake up. Alternatively, find flights that arrive just before bedtime – especially for the return flight home. If schedules and travel policy permits, offer travelers an opportunity to arrive at the destination a day or so early.



2

### Book the best possible class of service.

While upgrades aren't always possible, booking travelers in the best seat possible may help improve their comfort, potentially minimizing the fatigue they experience on arrival.



3

### Layovers... if you can't avoid them, make them easier.

When you can't get around a connecting flight or layover, choose options that give travelers enough time to refresh themselves and find their next flight without rushing.

4

### Make traveler wellbeing a priority.

Work with your internal stakeholders to build more wellbeing actions into the travel policy. That could mean mandating direct flights; limiting trip frequency; capping the number of days travelers are away from home; approving extra time off after a trip; and adding health-oriented hotels to your supplier mix.

5

### Help your travelers help themselves.

Share these tips:

- Start adjusting to new time zone ahead of trip
- Stay hydrated
- Moderate alcohol and coffee consumption
- Take breaks outside
- Move your body
- Eat well



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Questions? Email: [move@bcdtravel.com](mailto:move@bcdtravel.com)