Jet Lag

Jet lag is the result of a disruption to the body’s “internal clock” when traveling long distances in a short period of time. It is a relatively new problem for travelers brought about by the jet age in the late 20th century. As air travel becomes increasingly common thanks to the rise of discount airlines and tickets, more people have suffered from jet lag nowadays than at any previous time.

The human body adjusts its own rhythms to suit its usual location. For example, the body is used to secreting hormones at certain times to help regulate digestion, sleep, and waking up. As a person travels through different time zones, their body gets out of synch with their current location. The result is that people cannot sleep comfortably in their new location or may have an unusual amount of energy at 3 in the morning while being lethargic at noon. Other symptoms of jet lag include headaches, irritability, and an inability to concentrate. These are usually worse for travelers who fly from west to east. Eventually, the body adapts and synchronizes its own schedule to its new surroundings. The rate at which this happens will vary from person to person.

Fortunately for frequent fliers, jet lag is somewhat manageable. By avoiding exposure to bright light, a traveler can speed up his body’s adjustment to the new time zone. Some people, such as athletes who compete around the world, wear special glasses that can adjust the light levels and exposure to the wearer. Some people report that diet and exercise also help to manage jet lag but this has yet to be scientifically proven. Many doctors recommend avoiding alcohol and caffeine before and during your flight along with the early parts of your stay. Some travelers choose to take sleeping pills to help them adjust but this is probably not a good long-term solution to jet lag. There is also a smartphone app called Entrain that gives lighting recommendations while traveling to help you adjust your body to the destination time zone.
1. According to the article, what is jet lag?
   a) a disruption to the body’s “external clock” when traveling long distances in a short period of time
   b) a disruption to the body’s “external clock” when traveling short distances in a long period of time
   c) a disruption to the body’s “internal clock” when traveling long distances in a short period of time
   d) a disruption to the body’s “internal clock” when traveling short distances in a long period of time

2. It can be inferred from paragraph 1 that
   a) fewer people will suffer from jet lag in the future
   b) few people suffered from jet lag in the early 20th century
   c) many people suffered from jet lag in the early 20th century
   d) jet lag has caused serious health problems in the late 20th century

3. The word “regulate” in paragraph 2 is closest in meaning to:
   a) repair
   b) control
   c) confuse
   d) compose

4. The word “these” in paragraph 2 refers to:
   a) symptoms of jet lag
   b) different time zones
   c) new surroundings
   d) travelers who fly from west to east

5. According to the article, which is the worst direction to fly for getting jet lag?
   a) from west to east
   b) from east to west
   c) from north to south
   d) from south to north

6. The word “somewhat” in paragraph 3 could be replaced with:
   a) to some intent
   b) to some extent
   c) substantially
   d) extremely

7. The word “scientifically” in paragraph 3 could be replaced with:
   a) reliably
   b) artistically
   c) emotionally
   d) punctually

8. The word “this” in paragraph 3 refers to:
   a) avoiding caffeine
   b) avoiding alcohol
   c) taking sleeping pills
   d) using a smartphone app

9. Paragraph 3 is about:
   a) different ways of managing jet lag
   b) good long-term solutions to jet lag
   c) how sleeping pills can help prevent jet lag
   d) how diet and exercise has been proven to prevent jet lag

10. It can be inferred from paragraph 3 that
    a) people who eat fruit and vegetables everyday will not suffer from jet lag
    b) people who wear glasses while flying are much less likely of suffering jet lag
    c) people who get regular exercise in the morning are unlikely to suffer jet lag
    d) people who drink coffee and wine while flying are more likely to suffer jet lag