



When you spend long hours in the air, there's no way to make the distance shorter. However, with common sense and smart planning, there are tricks to make it seem shorter. Consider:

1. Get the right flight. For trips lasting four hours or more, book a red eye. They usually take off from the airport between 11 pm and 3 am. They're scheduled at times when roads and airports are less crowded. You'll get through security more quickly, and be settled in your seat without all the pushing and shoving. If you're lucky, you may be able to stretch out alone in a three-across seat row.
2. Because it's your regular bedtime on the red eye, make yourself as comfy as possible. If booked in first or business class, just lean back flat and snooze away the hours, interrupted only by an occasional snack, cocktail or two. If you're in a squeezed tourist seat, make the best of what you have.
3. Wear or bring along loose clothing, soft footwear, an eye mask and earplugs. Puff up a pillow, pull up a coat or blanket and try to curl into as relaxing a position as you can manage.
4. If you'd rather keep busy, bring along your smartphone. You can tweet, listen to music, watch a movie, play games, read Ebooks, study or do scores of other keep-busy things. Be sure your earphones are snug enough to block out aircraft noise, and an eye mask to keep it dark when you prefer it.
5. Ask the flight attendant to bring you a glass of brandy or wine. Sipping soothing drinks can induce sleepiness. Of course, if you want to arrive at your destination refreshed and sober, don't overdo it.
6. If flying at any time makes you tense and nervous, and you have trouble relaxing or snoozing, ask your doctor for medication. Take it as prescribed, and have a smooth, trouble-free flight.