



We've read all kinds of theories about how traveling seniors can regulate their sleep-wake cycles. Long night flights can disrupt normal habits, and there are ways to deal with the problem.

Some medical gurus recommend special prescriptions. For example, they advise you to take sleeping pills if flying at night. Too often, the prime benefit of the pills is to keep overpaid pharmaceutical company execs happy.

Of course, flying does affect you when it goes against regular sleep/wake habits. However, unless you have a real medical condition, there are natural ways to combat the problem. Here are some suggestions:

*Prepare:* Your body says sleep when you're tired at the end of an active dozen hours. On the day of your flight, be sure to hike, jog, swim or hit the gym. Also, your body craves sunlight, so give it plenty before you fly.

*Fly Red-Eye:* After busy daily activities, use night air time to sleep. Dress comfortably and settle down in your airline seat. An eye mask and earphones with smartphone music will block out distractions and ease your way to dreamland.

*Cheap Seat Upgrade:* If your red-eye flight is longer than four hours, consider buying a higher-class lay-flat seat. Red-eye tickets for first- and business-class are generally cheaper than day flight fees, and if on a business trip, it's all tax-deductible. If retired, the higher-class seat cost can be an investment in comfort and good health.