

TRAVEL · FREE SCHEDULER

The Circadian Time-Zone Scheduler

Light-timing and meal-anchor rules for eastward and westward travel, a medication clock-shift worksheet for time-critical doses, and a three-day adjustment planner that turns jet lag from luck into logistics.

- East vs west light rules
- Medication clock-shift
- 3-day adjustment planner
- In-flight protocol
- 3-page A4 printable PDF

CLINICAL RATIONALE — WHY THIS SPECIFIC TOOL

Jet lag is a mismatch between your internal clock and local time, and the clock only re-sets through timed cues — above all light. Get the timing of light right and you shift the clock; get it wrong and you hold it in place.

East is least, west is best. Travelling east requires a phase advance, which the human clock does slowly (about one time-zone per day or less); westward is a phase delay and adjusts faster. Plan more recovery days eastward.

Light timing is the lever. Light in your biological morning advances the clock (useful eastward); light in your biological evening delays it (useful westward). The same sunlight that helps on one route hurts on the other — the worksheet encodes which.

Medications do not follow the sun. Insulin, anticoagulants, thyroid hormone, anti-epileptics and contraceptives keep their dosing interval across zones. The clock-shift table converts a home time into the correct local time on arrival and on return.

AUTHORITY / EVIDENCE BASE	WHAT IT ESTABLISHES FOR THIS TOOL
Circadian phase-response research	Light before the temperature minimum delays the clock; light after advances it — the basis of the east/west rules.
Jet-lag adaptation studies	Phase advances (eastward) adjust more slowly than phase delays (westward), ~1 zone/day.
Chronotherapy / medication-timing guidance	Time-critical drugs maintain dosing intervals across time zones with a deliberate transition plan.

QUICK START — THE NEXT TEN MINUTES

- 1

Name your direction and zones
East or west, and how many zones. That decides the light rules and how many adjustment days to plan.
- 2

Set light exposure from day one
Eastbound: seek morning light at the destination, wear shades in your home evening. Westbound: the reverse.
- 3

Anchor meals and sleep to local time
Eat on the destination schedule from landing; sleep on local night even if you must nap short to get there.
- 4

Clock-shift the critical meds
Fill the worksheet before you fly for insulin, anticoagulants, thyroid, anti-epileptics and contraceptives.

SOME MEDICATIONS NEED A REAL PLAN, NOT A HEURISTIC

Insulin and other glucose-lowering drugs, anticoagulants, anti-epileptics and immunosuppressants have narrow margins where a wrong transition can matter. For those, confirm the exact eastward and westward schedule with your prescriber or pharmacist before travel. Melatonin, if you use it to shift phase, also interacts with several medications — ask first.

LIGHT RULES BY DIRECTION

DIRECTION	SEEK LIGHT	AVOID LIGHT
Eastward (phase advance)	Bright light in the local morning, from day one	Bright light in your home-country evening; wear shades or dim if you must be out
Westward (phase delay)	Bright light in the local evening	Bright light in the local early morning for the first days

THE ONE-LINE MNEMONIC

East, meet the morning sun; west, chase the evening one. Light at the wrong biological hour is the single biggest self-inflicted cause of prolonged jet lag — sunglasses are a legitimate medical device on a long-haul flight.

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THE LOGISTICS

Medication clock-shift and the three-day planner

Fill the clock - shift before you fly for anything time - critical; the planner spaces light, meals and sleep across the first three local days.

MEDICATION CLOCK - SHIFT

MEDICATION & HOME TIME	ZONES & DIRECTION	FIRST LOCAL DOSE	STEADY LOCAL TIME

Keep the interval, move the clock: for once - daily doses, shift by no more than a few hours per day toward the local time rather than jumping; for insulin and anticoagulants use the schedule your prescriber confirms.

THREE - DAY ADJUSTMENT PLANNER

LOCAL DAY	MORNING LIGHT	MEALS ON LOCAL TIME	EVENING LIGHT / WIND - DOWN	SLEEP TARGET
1				
2				
3				

IN - FLIGHT, BY DIRECTION

Set your watch to the destination at boarding. Eastbound: dim light and sleep early in the flight, bright light on arrival morning. Westbound: stay up with cabin light early, then sleep. Hydrate; keep caffeine to the first half; walk the aisle each couple of hours.

NAPS ARE A TOOL, NOT A SURRENDER

A single 20 - minute nap before mid - afternoon can buy an evening without wrecking the local night. Long or late naps reset nothing and cost you the night's sleep anchor.

~1

ZONE / DAY

typical eastward adjustment rate

2–3

EASY DAYS

plan for a short westward hop

0

BIG DECISIONS

schedule none in the first 48 h eastward

Ready for the Complete Step-by-Step Blueprint?

This scheduler gives you the immediate tools to take action today. But long-term health requires a complete, structured daily system — one that tells you **what to do on the days this sheet does not cover**, in what order, and how to adjust when your body does not respond the way the chart says it should.

HEALTH SECRETS

Healthy Travel Preparation Toolkit

Keep medication timing intact across time zones, protect your gut on the road, and carry your medical facts in your wallet.

Clinical Practice Series · 24 pages · A4 print + fillable

Healthy Travel Preparation Toolkit

Maintain medication timing across time zones, protect bowel regularity, and organize emergency medical documents.

24 pages

Timezone Planner + Health ID

Clinical Practice Series

\$19 one-time

WHAT IS INSIDE THE FULL EDITION

- 1 The timezone shift medication calculator** — eastward and westward transition schedules for every time-critical dose.
- 1 Traveler's digestive first-aid** — keeping bowel regularity and food safety on the road.
- 1 The in-flight circadian protocol** — light, meals, caffeine and sleep on the plane, by direction of travel.
- 1 The wallet health ID** — your medical facts carried, in the destination language if needed.

THIS FREE TOOL VERSUS THE COMPLETE SYSTEM

What this free scheduler already gives you

- ☐ East/west light-timing rules
- ☐ A medication clock-shift worksheet
- ☐ A three-day adjustment planner

What only the 24-page edition has

- ☐ Direction-specific medication transition schedules
- ☐ The full in-flight protocol by cabin and route
- ☐ Digestive and food-safety first-aid for travelers
- ☐ A printable wallet health ID for the whole trip

Get the Complete Guide

AT [HEALTHSECRETS.COM/PRODUCTS/HEALTHY-TRAVEL-PREPARATION-TOOLKIT](https://healthsecrets.com/products/healthy-travel-preparation-toolkit)

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Use code **READER20** for 20% off your full guide at checkout.

A4 print + fillable

Do the clock-shift before you fly; the planner lives in your carry-on.

Chronobiology-based

Light rules from phase-response research. Melatonin flagged as ask-first.

One-time payment

\$19 once, no subscription, instant download after checkout.

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