

Practice Exercise 18

Scientists are studying causes and cures for the peculiar malady known as "jet lag." Our bodies are programmed for rhythmic changes during each twenty-four-hour period called the "circadian cycle," generating more energy during daytime hours, less at night, and so on. When we hop a jet and fly through six time zones, our system gets confused, and we may spend the first days of that vacation feeling exhausted because our bodies don't know what time it is.

You can lessen the shock of change by following these steps:

- Start adjusting to your new time schedule a few days before beginning your trip.
- Get as much sleep as possible en route to your destination.
- Break long trips with stopovers. Upon arrival, take it easy. Don't try to adjust to local time schedules all at once.

1. If you start adjusting to your new time schedule a few days before beginning your trip, then you will
 - a. have a smaller adjustment to make on arrival.
 - b. be exhausted by the time you arrive.
 - c. cross fewer time zones during your trip.
 - d. better understand the "circadian cycle."
2. If you get as much sleep as possible en route to your destination, then you will
 - a. trick your body into thinking that it is at home.
 - b. substitute "jet lag" for "circadian cycle."
 - c. be rested when you arrive.
 - d. not know the local time when you arrive.
3. If you break long trips with stopovers, you give your body time to
 - a. cycle.
 - b. adjust.
 - c. lag.
 - d. work.
4. Underline the sentences that imply that you should not plan much activity on your first day at your destination.