

Jet Lag

REFERENCES

- Bariga-Ibars C, Rodriguez-Moratinos B, et al. [Interrelations between sleep and the immune status]. *Rev Neurol*. 2005 May 1–15;40(9):548–56.
- Boivin DB, Duffy JF, et al. Dose-response relationships for resetting of human circadian clock by light. *Nature*. 1996 Feb 8;379(6565):540–2.
- Boivin DB, James FO. Phase-dependent effect of room light exposure in a 5-h advance of the sleep-wake cycle: Implications for jet lag. *J Biol Rhythms*. 2002 Jun;17(3):266–76.
- Burch JB, Yost MG, et al. Melatonin, sleep, and shift work adaptation. *J Occup Environ Med*. 2005 Sep;47(9):893–901.
- Burgess HJ, Crowley SJ, et al. Preflight adjustment to eastward travel: 3 days of advancing sleep with and without morning bright light. *J Biol Rhythms*. 2003 Aug;18(4):318–28.
- Cardinali DP, Bortman GP, et al. A multifactorial approach employing melatonin to accelerate resynchronization of sleep-wake cycle after a 12 time-zone westerly transmeridian flight in elite soccer athletes. *J Pineal Res*. 2002 Jan;32(1):41–6.
- Cho K, Ennaceur A, et al. Chronic jet lag produces cognitive deficits. *J Neurosci*. 2000 Mar 15;20(6):RC66.
- Claustrat B, Brun J, et al. The basic physiology and pathophysiology of melatonin. *Sleep Med Rev*. 2005 Feb;9(1):11–24.
- Committee to Advise on Tropical Medicine and Travel. Travel statement on jet lag. *Can Commun Dis Rep*. 2003 Apr 1;29:4–8.
- Coste O, Beaumont M, et al. Hypoxic depression of melatonin secretion after simulated long duration flights in man. *J Pineal Res*. 2004 Aug;37(1):1–10.
- Eastman CI, Gazda CJ, et al. Advancing circadian rhythms before eastward flight: A strategy to prevent or reduce jet lag. *Sleep*. 2005 Jan 1;28(1):33–44.
- Erren TC, Reiter RJ, et al. The chronosense—What light tells man about biological time. *Med Hypotheses*. 2004;63(6):1074–80.
- Esrefoglu M, Seyhan M, et al. Potent therapeutic effect of melatonin on aging skin in pinealectomized rats. *J Pineal Res*. 2005 Oct;39(3):231–7.
- Filipski E, Delaunay F, et al. Effects of chronic jet lag on tumor progression in mice. *Cancer Res*. 2004 Nov 1;64(21):7879–85.
- Fu Y, Liao HW, et al. Non-image-forming ocular photoreception in vertebrates. *Curr Opin Neurobiol*. 2005 Aug;15(4):415–22.
- Gul S, Celik SE, et al. Dose-dependent neuroprotective effects of melatonin on experimental spinal cord injury in rats. *Surg Neurol*. 2005 Oct;64(4):355–61.
- Gupta M, Gupta YK, et al. Effects of add-on melatonin administration on antioxidant enzymes in children with epilepsy taking carbamazepine monotherapy: A randomized, double-blind, placebo-controlled trial. *Epilepsia*. 2004a Dec;45(12):1636–9.
- Gupta M, Gupta YK, et al. A randomized, double-blind, placebo controlled trial of melatonin add-on therapy in epileptic children on valproate monotherapy: Effect on glutathione peroxidase and glutathione reductase enzymes. *Br J Clin Pharmacol*. 2004b Nov;58(5):542–7.
- Haimov I, Arendt J. The prevention and treatment of jet lag. *Sleep Med Rev*. 1999 Sep;3(3):229–40.
- Hardeland R, Pandi-Perumal SR, et al. Melatonin. *Int J Biochem Cell Biol*. 2005a Sep 27.

- Hardeland R , Pandi-Perumal SR . Melatonin, a potent agent in antioxidative defense: Actions as a natural food constituent, gastrointestinal factor, drug and prodrug. *Nutr Metab (Lond)* . 2005b Sep 10;2:22.
- Herxheimer A , Petrie KJ . Melatonin for preventing and treating jet lag. *Cochrane Database Syst Rev* . 2001;(1):CD001520.
- Herxheimer A , Waterhouse J . The prevention and treatment of jet lag. *BMJ* . 2003 Feb 8;326(7384):296–7.
- Honma K , Honma S , et al. Differential effects of bright light and social cues on reentrainment of human circadian rhythms. *Am J Physiol* . 1995 Feb;268(2 Pt 2):R528–35.
- Iwasaki S , Nakazawa K , et al. Melatonin as a local regulator of human placental function. *J Pineal Res* . 2005 Oct;39(3):261–5.
- Katz G , Durst R , et al. Psychiatric aspects of jet lag: Review and hypothesis. *Med Hypotheses* . 2001 Jan;56(1):20–3.
- Katz G , Knobler HY , et al. Time zone change and major psychiatric morbidity: The results of a 6-year study in Jerusalem. *Compr Psychiatry* . 2002 Jan-Feb;43(1):37–40.
- Knutsson A . Health disorders of shift workers. *Occup Med (Lond)* . 2003 Mar;53(2):103–8.
- Kvetnoy I . Extrapineal melatonin in pathology: New perspectives for diagnosis, prognosis and treatment of illness. *Neuro Endocrinol Lett* . 2002 Apr;23 Suppl 1:92–6.
- Lemmer B , Kern RI , et al. Jet lag in athletes after eastward and westward time-zone transition. *Chronobiol Int* . 2002 Jul;19(4):743–64.
- Liu JB , Tang TS , et al. Antioxidation of melatonin against spinal cord injury in rats. *Chin Med J (Engl)* . 2004 Apr;117(4):571–5.
- Miyazaki T , Hashimoto S , et al. Phase-advance shifts of human circadian pacemaker are accelerated by daytime physical exercise. *Am J Physiol* . 2001; 281 :R197–R205.
- Monk TH . Aging human circadian rhythms: Conventional wisdom may not always be right. *J Biol Rhythms* . 2005 Aug;20(4):366–74.
- Moore-Ede MC , Richardson GS . Medical implications of shift-work. *Annu Rev Med* . 1985;36:607–17.
- Murata K , Yano E , et al. Cardiovascular dysfunction due to shift work. *J Occup Environ Med* . 1999 Sep;41(9):748–53.
- Nicholson AN , Pascoe PA , et al. Jet lag and motion sickness. *Br Med Bull* . 1993 Apr;49(2):285–304.
- Reddy AB , Field MD , et al. Differential resynchronisation of circadian clock gene expression within the suprachiasmatic nuclei of mice subjected to experimental jet lag. *J Neurosci* . 2002 Sep 1;22(17):7326–30.
- Reddy AB , Wong GK , et al. Circadian clocks: Neural and peripheral pacemakers that impact upon the cell division cycle. *Mutat Res* . 2005 Jul 1;574(1–2):76–91.
- Reilly T , Waterhouse J , et al. Jet lag and air travel: Implications for performance. *Clin Sports Med* . 2005 Apr;24(2):367–80, xii.
- Revell VL , Burgess HJ , et al. Advancing human circadian rhythms with afternoon melatonin and morning intermittent bright light. *J Clin Endocrinol Metab* . 2005 Nov 1; [Epub ahead of print]
- Saracz J , Rosdy B . [Effect of melatonin on intractable epilepsies]. *Orv Hetil* . 2004 Dec 19;145(51):2583–7.
- Scott AJ . Shift work and health. *Prim Care* . 2000 Dec;27(4):1057–79.
- Sernagor E . Retinal development: Second sight comes first. *Curr Biol* . 2005 Jul 26;15(14):R556–9.
- Silva MM , Albuquerque AM , et al. Light-dark cycle synchronization of circadian rhythm in blind primates. *J Circadian Rhythms* . 2005 Sep 6;3:10.

Srinivasan V , Pandi-Perumal SR , et al. Role of melatonin in neurodegenerative diseases. *Neurotox Res* . 2005;7(4):293–318.

Stewart LS , Leung LS . Hippocampal melatonin receptors modulate seizure threshold. *Epilepsia* . 2005 Apr;46(4):473–80.

Tateishi O , Fujishiro K . Changes in circadian rhythm in heart rate and parasympathetic nerve activity after an eastward transmeridian flight. *Biomed Pharmacother* . 2002;56 Suppl 2:309s-313s.

Waterhouse J , Kao S , et al. Transient changes in the pattern of food intake following a simulated time-zone transition to the east across eight time zones. *Chronobiol Int* . 2005a;22(2):299–319.

Waterhouse J , Nevill A , et al. Further assessments of the relationship between jet lag and some of its symptoms. *Chronobiol Int* . 2005b;22(1):121–36.

Wyatt JK , Ritz-De Cecco A , et al. Circadian temperature and melatonin rhythms, sleep, and neurobehavioral function in humans living on a 20-h day. *Am J Physiol* . 1999 Oct;277(4 Pt 2):R1152–63.

All Contents Copyright © 1995-2009 Life Extension Foundation All rights reserved.

LifeExtension®

These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease. The information provided on this site is for informational purposes only and is not intended as a substitute for advice from your physician or other health care professional or any information contained on or in any product label or packaging. You should not use the information on this site for diagnosis or treatment of any health problem or for prescription of any medication or other treatment. You should consult with a healthcare professional before starting any diet, exercise or supplementation program, before taking any medication, or if you have or suspect you might have a health problem. You should not stop taking any medication without first consulting your physician.