

Jet Lag Symptoms



Fatigue

As a result of staying awake longer than you should, you may be feeling extra tired.



Drowsiness

This can be especially dangerous and can result in microsleep. So avoid driving if you have jet lag.



Confusion

Sleep deprivation can cause cognitive impairment, leading to attention problems.



Mood swings

When you're tired you can experience bouts of irritability and emotional sensitivity.



Forgetfulness

Another result of losing sleep is that you experience mild memory loss



Stomach problems

Travel induced exhaustion can cause stomach upset, gas and diarrhea.