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Air travel across time zones.

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Citation

McFarland, R. A. (1975). Air travel across time zones. *American Scientist*, 63(1), 23-30.

Abstract

Highlights some of more than 200 studies on the problems of the long distance jet airline traveller. Problems and issues discussed are (a) the physiology of circadian rhythms, (b) internal vs external factors controlling circadian rhythms, (c) to what extent the 24-hr physiological cycle can be altered, (d) what factors accentuate fatiguing effects, and (e) how the modern air traveller can make adjustments for physiological disruptions. (37 ref) (PsycINFO Database Record (c) 2016 APA, all rights reserved)

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