



TOP TEN NUDE BEACHES ON THE PLANET

8/ Secret Harbor Creek Beach, Lake Tahoe

All you need to know: bikini-free beach volleyball. Just imagine the bounce. Can someone please tell the International Olympic Committee about this?

# Secrets of Flight Club

We asked 860 airline pilots how they avoid feeling run-down on the runway.



## Stories That Travel Well

The literati gave us great vacation reads. Book a trip, then get lost in these pages.



### At the Resort...

#### **The Beach,** by Alex Garland

It has it all—jungles, waterfalls, and total mayhem. "It's about young backpackers in Thailand searching for that last unspoiled frontier—and finding their own dark little hearts instead," says Junot Diaz, author of *This Is How You Lose Her*.



### At the Campsite...

#### **The Golden Spruce,** by John Vaillant

The story hinges on one real-life mystery: Why would a protester cut down the world's only giant golden spruce? The answer is as puzzling as the man who did it, says travel journalist Robin Esrock. "It's a gripping tale of man versus nature."



### During a Road Trip...

#### **Brown Dog,** by Jim Harrison

Over the course of six novellas, our hard-drinking, woman-chasing hero wanders his way through Michigan, Canada, and California. "He's a simple guy who sees through the illusions of the world," says *Los Angeles Times* book critic David L. Ulin.

80%

### Drink more on the job than they do off

Water, that is. That dry air in the cabin dehydrates you and contributes to fatigue, brain fog, and other symptoms of jet lag. And booze, sorry to say, does the same.

► **PACK YOUR NALGENE**

Aim to drink 8 ounces of H<sub>2</sub>O every hour you're in the air, says Smith L. Johnston, M.D., head of NASA Johnson Space Center's fatigue management team.

69%

### Spend as much time as possible outdoors

Your circadian clock, which is located in your brain's hypothalamus, relies on daylight to decide whether to give you energy or flood you with sleep hormones.

► **FAKE THE SUN**

The University of Michigan's Entrain app (free for iOS) uses your itinerary to recommend when you need bright light and when to switch to total darkness.

68%

### Break a sweat at their destination

In a Japanese study, scientists discovered that men who exercised early in the day were able to more quickly align their sleep schedule with darkness.

► **TIME YOUR WORKOUT**

Plan a tough workout for no later than three hours before bedtime, says Dr. Johnston. Otherwise your elevated core temperature can make it harder to sleep.

22%

### Cut back on calories or stop eating entirely

Researchers at Beth Israel Medical Center found in a rodent study that circadian rhythms rely partially on food. So if you eat as usual, you'll be tired as usual.

► **PLAN YOUR FAST**

Go 16 hours without food to restart your circadian clock, the researchers suggest. Schedule it right, and you'll arrive hungry and energized. —K. ALEISHA FETTERS

► **SCREW JET LAG!**

A few pilots wrote in to tell us that sex helped them adapt to new time zones. Could it be true? Sure, says MH sleep medicine advisor W. Christopher Winter, M.D. Ejaculation releases prolactin, a sedating hormone that can override your circadian clock and help you conk out easier. Flying yourself to your final destination works too.

860 pilots participated in our online survey, which was conducted in collaboration with the Air Line Pilots Association, International.

Paramount/Kobal Collection (Airplane); Illustrations, from top: SUPERTOTTO (1), ZACH GRAHAM (3)