

How to Prevent Motion Sickness



Motion sickness is like a hangover you don't deserve. Symptoms include fatigue, dizziness, nausea, vomiting, pallor, and sweating. Experts think this misery results because your eyes and inner ear receive conflicting messages when you travel by car, boat, or plane. The inner ear, which is responsible for your sense of balance, tells your body it's moving in one direction, while your eyes tell you you're moving in another. So closing your eyes can reduce the conflict. The following steps can also help prevent motion sickness.

Aboard ship:

- Spend as much time as you can on deck in the fresh air.
- If you're going to be spending the night (or nights) on a boat, try to get a cabin near the middle of the craft, close to the waterline, where there's less pitching and rolling.

On a plane:

- Request a seat over the wings. Avoid sitting in the tail section; it's the bumpiest.
- Open the overhead vents and direct air at your face.

On land transportation:

- Fix your gaze on the scenery straight ahead, not to the side.
- Sit near an open window, for fresh air, unless you're traveling through a heavily polluted area.
- If you're traveling by car, offer to drive. The person at the wheel never gets motion sickness.