

1. Jet-lag

The situation, which is called as jet-lag, Jetlag is observed when travelling across a multiple number of times zones during prolonged flights from east to west and from west to east. The symptoms of jetlag jet-lag appears with the signs differ from person to person, and results often originately from conflict between a person's body clock and destination clock.

Jet-lag is relatively in mild form during the flights from east to west east, and it generally does not pose any problems as a result, but it appears especially as weakness, fatigue, anxiety and insomnia during the flights from west to east.

It will be helpful by passengers to pay attention to the following issues in order to not to experience this situation during the prolonged flights across the time zones parallel to the equator.

- Sleep well and be well rested before the flight.
- Have a some light meal, one which will not cause discomfort, before and during the flight.
- Adjust your watch Watch adjusted, mobile phone, and other electronic devices according to the destination time shortly before the flight.
- Having drinks containing caffeine may be preferred in the daytime of the destination country, but these kinds of drinks should be avoided within a period of time of 4–6 hours before sleep.
- Wear loose and comfortable clothing.

If any passenger suffers extreme from discomfort from of insomnia, they will need to consult with a physician before the flight if they are interested in taking sleeping pills.

2. Scuba Diving and Flight

Commented [SM1]: This fragment may be clearer if written as its own sentence, for example: "However, in flights from west to east, jetlag can cause weakness, fatigue, anxiety, and insomnia."

Commented [SM2]: For clarity, consider reformatting this sentence to read as "Passengers travelling across multiple time zones should pay attention to the following issues to reduce symptoms of jetlag"

A passenger, who ~~partook~~~~has involved~~ in scuba diving, should ~~refrain from~~~~not flying~~ for 24 hours after ~~their~~~~his~~ last scuba dive. Since the air pressure in ~~the~~ cabin of ~~an~~the aircraft is generally adjusted to an altitude of 5000–8000 feet (1800–2500 m), the air pressure ~~in the~~ cabin is lower than the air pressure ~~at~~in sea level, and this increases the risk of low pressure sickness, ~~also known as~~~~which is called~~ decompression sickness.

For this reason, passengers who like diving should ~~pay attention to~~:

- Avoid diving in case of any sickness.
- ~~Remain within~~~~Not to push~~ the safety limits required during diving.
- ~~Not to arrange their flight for at least 12 hours after a single dive, and at least 24 hours after multiple dives.~~

Commented [SM3]: The phrasing here makes the meaning slightly unclear, do you mean that passengers should wait to arrange flights until 12/24 hours have passed after a scuba dive?

3. Pregnancy

Passengers who are pregnant should obtain detailed information on ~~the possibility of~~ ~~experiencing any potential~~ problems by consulting with their physician before ~~the~~ travel. It is important that those passengers ~~should~~ take ~~with them~~ the telephone numbers of their local physician ~~with them, as well as~~ ~~and~~ the telephone numbers of the doctors, healthcare facilities, emergency health services and ambulance ~~services~~ at the destination, ~~to prepare for~~~~against~~ the possibility of ~~an~~any emergency which may occur before, during, and after the flight.

After the ~~28th~~~~twenty-eighth~~ week of their pregnancy, ~~the pregnant individual~~they should submit ~~at~~the report ~~which is~~ obtained from a physician within ~~the last~~ seven days before the flight date, to the representative of Turkish Airlines, ~~before the flight~~, which states that they can travel ~~onboard an aircraft~~. In this report, it ~~musts~~~~obligatory to~~ state that:

- The pregnancy is ~~on a~~ normal course.
- No ~~complication~~~~complication~~ ~~have~~~~has been~~ developed.
- The pregnant ~~individual~~ has no extra risk ~~ofer~~ sickness.

Commented [SM4]: This long sentence would be clearer if broken into two by taking the last fragment and writing a new sentence along the lines of: "This report should be submitted before the flight, stating that the pregnant individual can travel onboard an aircraft."

- Possible due date (the ~~The~~ delivery is not expected within 4 weeks after the date of ~~the~~ flight).
- There is no inconvenience ~~for~~with the flight.

Turkish Airlines reserves the right ~~to cancel~~of cancellation of the tickets for the passengers ~~who~~ are in the, early days of their 28th week ~~of pregnancy~~ and who have not submitted the mentioned report.

In a problem-free pregnancy, which is ~~on a~~normal course, flight is not allowed ~~in~~at the following circumstances:

- For ~~the~~ multiple pregnancies, such as ~~those~~ expecting twins or triplets, ~~flying~~the flight is not allowed from the end of ~~the~~ 32nd week of pregnancy until 7 days after the delivery.
- For the single and problem-free ~~pregnancy~~,preganancy which is ~~on a~~normal course, ~~flying~~the flight is not allowed from the end of ~~the~~ 36th week of pregnancy until 7 days after the delivery.
- It is recommended to choose an aisle seat that will give the pregnant passengers comfort and help them to walk around in the aisle for exercising.

Commented [SM5]: This passage is unrelated to the list above and should be a part of the paragraph below instead.

Doing exercises periodically, ~~such as~~ walking around the aisle, wearing varnity socks ~~made to prevent~~preventing the leg swelling and blood congestion in the veins ~~and leg swelling, and~~ avoiding ~~wearing~~to wear socks, which may interrupt blood circulation, ~~are all important~~has importance ~~to in terms of protect~~protecting themselves against the blood circulation disorder ~~which is called~~ Deep Vein Thrombosis.

Certain countries ~~restrict do not allow the~~ entry of ~~the~~ pregnant ~~individuals~~women, who are not their own citizens, ~~into~~from their borders. In ~~the~~ case of ~~a question~~question regarding this, they should contact ~~with~~ the representative office of the concerned country ~~nearby~~, before the flight.