



NEWS UPDATE

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Scientists Develop New Drug That May Reduce Jet Lag



Japanese researchers have developed a promising new drug that could help reduce jet lag by resetting the body's internal biological clock. The treatment works by activating a gene associated with regulating sleep-wake cycles, helping the body adapt more quickly to changes in time zones. In animal studies, the drug significantly improved adjustment to new time schedules, suggesting potential benefits for frequent travelers, shift workers, and aviation professionals. By targeting circadian rhythm mechanisms, the therapy may offer a more scientific solution compared to conventional remedies like melatonin. However, experts emphasize that human clinical trials are still required to confirm safety and effectiveness before it becomes widely available.

Source: https://inshorts.com/en/amp_news/scientists-create-a-new-drug-that-could-help-cure-jet-lag--1770784945857