

**F** Write one word in each gap.

## Jetlag

When you travel (1) ..... the other side of the world, jetlag is a real problem. You find yourself awake (2) ..... the middle of the night and you feel like going to bed (3) ..... the morning, just when everyone around you is getting up.

Jetlag happens when you go (4) ..... a country where the time is very different.

For example, you might leave London (5) ..... midday and fly (6) .....

Los Angeles. The flight takes about eleven hours, so when you arrive (7) ..... Los Angeles airport, your body thinks you're there (8) ..... 11 pm. But Los Angeles is eight hours behind London, so you actually get there (9) ..... 3 pm local time. So, (10) ..... midnight Los Angeles time, your body (which still thinks it's (11) ..... London) says it's 8 am. It takes a few days for your body clock to change.