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CHRISTIE BRINKLEY

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- Better Sleep Solutions • Smile-Saving Tips
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Q: What can I do for my motion sickness when I travel this summer?

A: Motion sickness is the nausea, sweating and dizziness some people experience when the balance system, which includes the inner ear, is stimulated in an unexpected way, such as when you travel on a boat, plane, train, bus or car. A disconnect between what our inner ear is telling us, what our eyes see and how we are moving can be difficult for the brain to process. But you can make choices when traveling that help reduce your chances of feeling ill.

In the hours before you travel, steer clear of alcohol and greasy foods and drink lots of water. Consider taking an over-the-counter antihistamine to prevent (and treat) nausea. Motion sickness bands and bracelets use acupressure points and can be a cheap, drug-free option.

Where you sit during travel matters: The front seat of a car, the forward cars of a train, the upper deck on a boat or wing seats on a plane may give you a smoother ride. If possible, lean your head against your seat's headrest to minimize movements, and stand up if you feel queasy. Avoid reading or using a smartphone.

Motion sickness that starts after your 20s may indicate some type of inner ear disorder, or it could be the result of a pre-existing migraine condition. See your doctor if you're concerned or if your symptoms are severe or very bothersome.

—NEIL CHERIAN, MD, NEUROLOGIST, Center for Neuro-Restoration

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