



Daily Article (Bharath's Reading list) - Answers and Explanations 30.10.2023

Article link : [Link](#) (How jet lag hurts diplomats, without them even realizing it)

1. Based on the article, which of the following is incorrect?

- A. Jet lag can impair both cognitive and physical performance
- B. Melatonin is a hormone produced by the pineal gland during daytime, under control of the circadian clock
- C. Jet lag results from a desynchronized circadian clock
- D. Consumption of alcoholic and caffeinated beverages can have an impact on the jet lag experienced

Explanation : B

According to the article, melatonin is produced at night time, not day time.

2. All the following are non-controversial strategies to reduce the severity of jet lag except:

- A. Exposure to sunlight as soon as possible after arrival and at appropriate times following arrival
- B. Taking enough rest to obviate the effects of jet lag
- C. Selective and judicious use of melatonin to resynchronize circadian rhythms
- D. Use of sleeping pills to relieve the insomnia that is common with jet lag

Explanation: D

The article notes that the use of sleeping pills to relieve the effects of jet lag is controversial

3. The author suggests which of the following as an alternative to jet-setting leaders travelling for diplomatic negotiations?

- A. A return to traditional diplomacy, relying on resident diplomats
- B. Leaders being very cognizant of the effects and dangers of jet lag while negotiating
- C. Ensuring that diplomats do not travel across multiple time zones to negotiate
- D. All the above

Explanation: C

Refer to the last paragraph.