



In this hectic holiday season, roaming seniors are often more affected by the crowds and confusion of airports than younger travelers. To maintain health and energy we need restful pauses, particularly in busy airports.

Medical experts in geriatrics recommend finding quiet places for naps of 15 to 30 minutes. Because it's necessary to get to the airport at least an hour before take-off, use the time for some snoozing. Find a quiet place on a bench or hallway and get as comfy as possible.

Use a wrap-around coat and sleep mask to create comfort and privacy. Keep your smartphone working so you can block out noise, and hear update announcements about your flight.