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Finnair trials anti-jet lag headset

Published: 13/03/2012 - Filed under: News »

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Premium passengers on Finnair's route between Helsinki and Shanghai will soon be able to try out a "bright light headset" said to help passengers adapt to jet lag by channeling bright light into the brain via the ear canal.

The Valkee bright light headset will be available free of charge to [business](#) class passengers on the Helsinki-Shanghai route during April, before going on sale in-flight in May.

Finnair says that the headset "brings wellbeing by channeling bright light into the brain via the ear canal", adding that "it stimulates passengers and helps them adapt better to jet lag and the fluctuation of the circadian rhythm".

Passengers wishing to take part in the [trial](#) will be asked to fill in a feedback questionnaire after use. Crew will advise passengers on the best use of the headsets - for instance on an eastbound flight from Helsinki to Shanghai Finnair says the device should be used about an hour before landing, assuming an early morning arrival in the city.

For more information visit [finnair.com](#), [valkee.com](#).

Report by *Mark Caswell*

Have you tried the Valkee bright light headset, or a similar device designed to prevent jet lag? Let us know your experiences below.

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