

# HOW TO HELP PREVENT SEA SICKNESS



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Nusa Lembongan is roughly 20 km (13mi) from Sanur on Bali and the short journey takes 30-minutes. So really, the boat ride will be over before you know it so you won't have time to get sick....and honestly, it's rarely that rough anyway.

Yeah, there is a couple of average stories online but if you think about it there are about 6 boat companies in operation going at least 3 -4 times a day back and forth and in the end, the not so nice journeys add up to a day here and there over the past several years.

I would also like to add that most of those instances are for the longer journey to the Gili Isles. and are not on Rocky Fast Cruise who we recommend.

## What is Seasickness??

In essence, seasickness is a matter of sensory mismatch.

When you're sitting on a boat that's rolling on the water, the body, inner ear and eyes all send different signals to the brain.

Your brain gets confused and you get queasy.

If you are prone to getting seasick here are a few tips for you.

1.

Sit  $\frac{3}{4}$  of the way towards the back of the boat and get a window seat that you can open so you can get a bit of a breeze.

2.

Don't use your mobile device unless it's to take photos. Look out to just above the horizon, which usually appears very stable. Your peripheral vision will see the ocean swells that you feel. The whole picture will make more sense to your brain.

3.

Create a distraction in your mind:: Think how happy and lucky you are ....because you are!!



Jodie's (Owner)  
76-Year-Old Mum  
arriving on Lembongan

4.

Don't try to read. Focusing your eyes on an apparently stationary target makes them even more convinced that your middle ears are wrong.

5.

Close your eyes so they aren't giving a no-motion message to your brain.



Molly patiently waiting  
for Jodie to disembark

6.

Be clean, sober & rested. Dehydration symptoms from a hangover are very similar to being seasick & being fatigued predisposes you to feeling unwell.

7.

Eat a little something. Everyone feels better with a little bland food on their stomachs. eg. Bread, bagels, pancakes



Rocky Fast Cruise  
Friendly Staff

8.

Ginger Lollies/Chews: Backed by medical science try and find something with at least 500mg in it.



## Nusa Lembongan, Bali