

JetRest travel pillow

Most travel pillows support only your neck. This L-shaped pillow also holds up your head, no matter which side you sleep on. \$30, thejetrest.com

Kendall socks

Limited legroom on long flights can lead to potentially fatal blood clots. These socks' unique construction helps prevent blood from pooling. \$30, kendalltravelssock.com

Cashmere throw

Airplane blankets are thin and scratchy, and they've been used by thousands of people before you. This lightweight cashmere throw is warm, durable, and far softer than anything the flight attendant in first class will hand out. \$220, flight001.com

Sleep Master sleep mask

This padded, breathable satin mask blocks out the brightest light. Plus, the straps won't dig into your ears and they're wide enough to hold your earbuds in place underneath. \$20, sleepmaster.us

Audio-Technica ATH-ANC3 QuietPoint headphones

These in-ear, active noise-canceling headphones block out 85 percent of background noise without the static we heard in other units. They come with adaptors for in-flight entertainment systems. \$150, audio-technica.com

Mysmartpac

The low humidity on flights can dry your skin, so drink plenty of water and hydrate from the outside in with this moisturizing, antioxidant-infused lotion. The kit also includes shave gel, deodorant, and other toiletries to keep you feeling human. \$10, mysmartpac.com



Q: HOW CAN I SCORE FIRST-CLASS RELAXATION WHILE FLYING COACH?

ANTHONY, STATEN ISLAND, NY

Quality R&R in coach is not only doable but also may be essential for your health. South Korean researchers recently found that the noise and discomfort of a long flight in cramped quarters can cause psychological stress, which in turn may weaken your immune system. And given that airplane cabins can be crawling with bacterial and viral stowaways, a weakened immune system is the last thing you want. When San Diego State University researchers tested the cabins of several jets, they detected strep and staph bacteria in as many as one out of three samples. To keep your stress levels from entering the stratosphere, we identified six carry-ons that may help re-create the coddling of a first-class flight without the mile-high costs.

When I'm driving to the office, is it better to jumpstart my brain with talk radio, or chill out with music?

TIMOTHY, YONKERS, NY

Hit 'em both. Canadian studies have shown that music can help lower stress during bumper-to-

bumper commutes, so jamming to your favorite tunes should put you at ease. Once you start rolling again, tune in to the news. This type of cerebral talk radio can be a good way to engage your brain, says Matt Cornell, a productivity consultant based in Amherst, Massachusetts. "The combination

of these two will put you in a relaxed but ready state, and you'll be more efficient and able to react quickly when you have to switch tasks at work," he says. Just make sure you've stocked your music player with podcasts of your favorite programs—there will definitely be occasions when

the news of the day or a topic of debate crosses the line from stimulating to agitating.

I'm in good shape, but I run out of energy quickly at the gym. What's going on?

GLEN, LONG BRANCH, NJ

If you lose steam before you can even begin to impress your local gym vixen, you're probably suffering from exercise-induced hypoglycemia. When people with the condition consume too many fast-digesting carbohydrates just before they work out, their blood sugar spikes and then free-falls as they start to exercise. The prescription? "If you're prone to hypoglycemic symptoms, such as weakness, irritability, and fatigue,

Photograph by LEVI BROWN