

(英語)

エコノミークラス症候群

Economy Class Syndrome

After sitting in the same position for a long time without drinking and refraining from going to the toilet, you might form a blood clot in the veins that may cause you to have difficulty in breathing or not even be able to breathe.

Getting out of your seat and walking around the plane sometimes, staying hydrated with drinks, breathing deeply, and sleeping with both feet in an upward position might help to reduce the possibility of getting economy class syndrome. Please take care when traveling on a plane; it is important to move around sometimes to refresh your feeling as well.