SLEEP

US Travellers: How to Plan a 4-to-7-Day Bangkok Reset — Jet Lag, Heat, Dengue Precautions, Medicines Rules and Coaching (Planning Guide)

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Short answer: A Bangkok city reset can mean sleep catch-up, walking, simple meals and optional wellness appointments — not a medical reboot sold as reversing ageing. Coaches help with jet-lag habits, heat pacing and a packing checklist for questions the traveller should ask their own clinician. Coaches never prescribe, dose, source medicines abroad or sell peptides.

Before you book: official sources first

Read [CDC Travelers' Health — Thailand](https://wwwnc.cdc.gov/travel/destinations/traveler/none/thailand) and [US State Department — Thailand](https://travel.state.gov/content/travel/en/international-travel/International-Travel-Country-Information-Pages/Thaila for entry rules, health notices and safety guidance. Vaccine and medicine decisions belong with a clinician or travel clinic ([CDC travel vaccines](https://wwwnc.cdc.gov/travel/page/travel-vaccines)). Coaches do not prescribe malaria prophylaxis, antibiotics or GLP-1 adjustments for travel.

What a "reset" can honestly mean

- Protecting sleep for the first 48 hours after arrival. - Daily walking that counts toward [Physical Activity Guidelines](https://odphp.health.gov/our-work/nutrition-physical-activity/physical-activity-guidelines) minutes. - Protein-forward meals you can finish when appetite is odd from jet lag. - Optional sauna, massage or spa time as recovery — not as disease treatment. - One strength session if you already train at home. What it is not: a cure week, a grey-market peptide shopping trip, or a substitute for medical care. FDA's [health fraud page](https://www.fda.gov/consumers/health-fraud-scams) explains how to spot oversold claims.

Jet lag: habit layer only

Shift light exposure and meal timing gradually when you can; keep caffeine honest; protect a dark sleep window on night one. Do not diagnose sleep disorders or prescribe sleep medicines. If a client on a GLP-1 medicine plans to change dose timing across time zones, that question goes to their prescribing clinician before departure.

Heat and humidity in Bangkok

Daytime heat and humidity are significant. CDC notes that some medicines raise heat-illness risk ([heat and medications](https://www.cdc.gov/heat-health/hcp/clinical-guidance/heat-and-medications-guidance-for-clinicians.html)). Coach early-morning or evening walks, indoor options for midday, and a fluid plan. Dizziness, confusion or

inability to keep fluids down is a clinical problem — especially for travellers already on medicines that affect hydration.

Dengue and mosquito precautions

CDC Thailand pages discuss mosquito-borne illness risk. Coaches can remind travellers about long sleeves, repellent and removing standing water around lodging — and must send fever after travel back to a clinician. Coaches do not diagnose dengue.

Medicines: the hard no's for coaches

- Do not advise buying GLP-1 pens, insulin or "research peptides" in Bangkok markets or online while travelling. - Do not pack, store or "hold" a client's injectables. - Do not reinterpret Thai pharmacy availability as FDA approval ([Drugs@FDA](https://www.accessdata.fda.gov/scripts/cder/daf/) remains the US reference for approved products). - Do help the client list clinician questions: storage on the flight, timing across zones, nausea plans, and what to do if a pen is lost.

A sample 5-day habit outline (not a medical protocol)

Day 1–2: Sleep, short walks near the hotel, simple meals, no stacked "biohacking" appointments. **Day 3–4:** Longer walking loops in cooler hours, one optional spa or sauna session if the traveller feels well, protein-forward dinners. **Day 5:** Light strength or mobility if that is already part of their home routine; pack-down and sleep protection before the return flight. Adjust for the traveller's fitness and clinician advice. This is a planning sketch, not a prescription.

Food and water practicalities

Choose busy vendors when eating street food if that is part of the trip; favour cooked foods served hot; keep a protein option you can finish when jet lag kills appetite. Coaches do not diagnose foodborne illness — persistent vomiting, bloody diarrhoea or high fever needs clinical care. Travellers on GLP-1 medicines should ask their clinician before the trip how to handle nausea and fluid loss abroad.

Optional wellness bookings without the sales pitch

Bangkok has spas, saunas and massage available almost everywhere. Book one or two sessions as recovery, not as a stacked "protocol." Ask who supervises any service that involves needles, prescriptions or disease claims. Decline offers to buy injectables "for the hotel fridge."

Coaching timeline around the trip

Two weeks out: clinician questions list; walking and sleep plan; confirm you will not source medicines. **During:** short check-ins on sleep, steps and whether the traveller feels well enough to keep the plan. **Return week:** rebuild home strength sessions; refer lingering fever or severe GI symptoms; no grey-market souvenir vials.

Insurance and emergencies

Remind travellers to know their insurance's overseas process and the location of nearby hospitals — without pretending to be a medical concierge. Coaches do not triage emergencies over chat across time zones beyond "seek local urgent care / emergency services now."

Air quality and outdoor pacing

Seasonal haze can affect outdoor exercise comfort. Prefer cooler hours, shorten outdoor blocks when air feels heavy, and keep an indoor walking alternative. This is comfort pacing, not a diagnosis of respiratory disease — refer breathing problems to a clinician.

Where coaches fit before and after the trip

Before: packing checklist, walking plan, sleep plan, questions for the clinician. After: rebuild the home strength and protein routine; refer lingering fever, severe GI symptoms or medicine problems. Scope: [NBHWC](https://nbhwc.org/scope-of-practice/).

Common traveller questions

- *"Can I pick up semaglutide cheaper while I'm there?"* "I don't source medicines. Ask your US clinician before you travel." - *"Should I skip my shot so I can eat street food all week?"* "Dose changes are your prescriber's call, not mine." - *"Is a week of saunas a medical reset?"* "It's optional recovery at best — not a disease treatment."

Want to coach travellers like this? LetsGo Academy

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Safety note

Education only. Coaches educate and refer; they never prescribe, dose, source or sell medicines.

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