SLEEP

US Travellers: How to Plan a Da Nang and Hoi An Reset Week — Entry Rules, Vaccines, Dengue Precautions, Heat, Medicines and Coaching (Planning Guide)

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Short answer: Central Vietnam's beach city of Da Nang and nearby Hoi An suit a slower reset week built around walking, swimming, sleep and simple food. Plan entry rules, vaccines, mosquito protection, heat and medicines before you book, and treat any "detox" or medical add-on with caution. Talk to your own doctor or a travel clinic before the trip, especially if you take regular medicines. This is a planning guide, not medical advice. We do not sell or promote medical treatments abroad.

Entry and paperwork

Check current entry and visa rules for US citizens on the US State Department's [Vietnam country information page](https://travel.state.gov/content/travel/en/international-travel/International-Travel-Country-Information-Pages/Vietnam.h before booking, and again before you fly. Rules change, so rely on the official page rather than a blog or a hotel's email. Make sure your passport has enough validity and blank pages for the rules in force on your travel dates.

Vaccines and health before you go

CDC's [Vietnam traveller page](https://wwwnc.cdc.gov/travel/destinations/traveler/none/vietnam) lists recommendations that include routine vaccines and, depending on your plans, vaccines such as hepatitis A and typhoid, and considerations for Japanese encephalitis, rabies and malaria in some areas. See a travel clinic four to six weeks before departure if you can; CDC's [travel vaccines page](https://wwwnc.cdc.gov/travel/page/travel-vaccines) explains why timing matters.

Mosquitoes: dengue and more

CDC lists dengue, chikungunya and Zika among the mosquito-borne risks for Vietnam. There is no simple pill to prevent dengue, so the plan is bite prevention: an EPA-registered repellent, long sleeves at dawn and dusk, and rooms with screens or air conditioning. A fever during or after the trip needs a doctor, and you should mention your travel.

Heat, humidity and medicines

Central Vietnam is hot and humid for much of the year, with a rainy season in the autumn. Heat affects people who take some common medicines, including some for blood pressure, mood and allergies ([CDC heat and medications guidance](https://www.cdc.gov/heat-health/hcp/clinical-guidance/heat-and-medications-guidance-for-clinicians.html)).

Schedule walks and swims for early morning and late afternoon, keep fluids up, and ask your doctor before the trip if you take regular medicines.

Travelling with prescription medicines

Pack medicines in original labelled containers in your hand luggage, with a copy of each prescription and a letter from your prescriber for injectables, including GLP-1 pens. Check the State Department page and Vietnam's official rules for any restrictions on specific medicines. Ask your prescriber how to handle dose timing across time zones and how to store pens in the heat; do not change a dose on your own. Never buy prescription medicines from unverified sellers abroad.

Jet lag from the US

Flights from the US to Da Nang usually connect through an Asian hub, and the time difference from the East Coast is 11 or 12 hours. Shift your sleep by an hour a day for a few days before you leave if you can. On arrival, get outside in morning light, stay up until local bedtime and keep caffeine to the morning. Treat the first two days as gentle days.

A sample seven-day reset rhythm

| Day | Focus | |---|---| | 1–2 | Arrive, sleep, short beach walks, light meals | | 3 | Early swim or walk; strength session in the hotel gym or room | | 4 | Day trip to Hoi An's old town on foot or by bicycle, in the cooler hours | | 5 | Rest day: reading, stretching, an early night | | 6 | Longer walk or swim; second strength session | | 7 | Review habits to take home; travel day | Keep the plan simple: walking, swimming, two strength sessions, regular meals and long sleep do most of the work.

Food and water

Vietnamese food is built around rice, noodles, herbs, vegetables and grilled or simmered proteins, which makes protein-first, vegetable-heavy meals easy to put together. Follow CDC's food and water advice on the traveller page: choose hot, freshly cooked food, and be careful with raw salads and untreated water if your stomach is sensitive. Clients on GLP-1 medicines should keep portions small and eat slowly.

Spa, "detox" and medical add-ons

Massage and spa time can be a pleasant part of a rest week. Be cautious with anything sold as a detox, a cleanse, a cure or a medical treatment, including injections or infusions offered by hotels or spas. FDA's [health fraud page](https://www.fda.gov/consumers/health-fraud-scams) describes the warning signs of these claims. If you need medical care, use a recognised hospital or clinic and keep your travel insurance details to hand.

Insurance and emergencies

Check whether your US health insurance covers you abroad, and consider travel medical insurance that includes evacuation. Save the address of a recognised hospital in Da Nang and the US consulate details from the State Department page before you go. Enrol in the State Department's STEP programme if you want safety alerts.

How a coach can help

A coach can help you set two or three habits to practise on the trip and keep at home: a morning walk, two short strength sessions a week and a regular bedtime. They can't give medical advice, adjust medicines or recommend treatments abroad, and should refer those questions to your doctor. Read our [coaching

scope](https://nbhwc.org/scope-of-practice/) reference to see where the line sits.

Planning checklist

1. Check entry rules on the State Department page. 2. Book a travel clinic visit four to six weeks ahead. 3. Pack repellent, sun protection and long sleeves. 4. Plan medicines, letters and pen storage with your prescriber. 5. Set your jet-lag plan and first two easy days. 6. Arrange insurance and save emergency contacts.

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Start free with [Level 1](/academy). Level 3 (US$300) covers evidence quality and scope; Level 4 (US$500) covers working alongside prescribers. Already coaching? Create your profile at /coach. We do not promise income or client results. *Education only. Not medical advice. Check official sources before you travel.*

Safety note

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

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