

Suffer From Sea-sickness?

Sea-sickness is a form of motion sickness characterised by a feeling of nausea and in extreme cases, vertigo and can be experienced after spending time on a vessel on the water.

We've put together a list of ways to help prevent sea-sickness. Some of these are scientifically tested whilst others are said to be sailor's tales!

- **Look at the horizon** – when a ship is riding a heavy sea everything is moving. The only thing that is stationary is the horizon and looking at it may help reset your internal equilibrium.
- **Stay cool** – remove jumpers, jackets and scarves. Use a damp cloth on your forehead or the back of your neck.
- **Sit as close to the back of the vessel as possible and face the front.**
- **Follow your nose** – bad smells can often affect motion sickness and make you feel worse. If you smell anything strange, try to move into the fresh air.
- **Avoid fat, greasy and high-sugar foods.**
- **No booze** – alcohol can make you feel sea-sick on dry land and the effects are worse in the open ocean, so try to avoid drinking.
- **Ginger** – whether you chew it, suck on it or dilute it in tea, ginger has long been a favorite home remedy for motion sickness.
- **Wrist bands** – anti sea-sickness wrist bands may help. There are the acupressure and the magnetic type and they work by applying pressure or magnets to a pressure point located on the underside of the arm about an inch and a half above your wrist.
- **Close your eyes** – many doctors believe that sea-sickness is actually your brain getting confused by too many mixed signals, so start to shut these signals down by removing smells, tastes, sound and sights. Earplugs and eye patches may help.
- **Avoid reading** – reading electronic devices, books or newspapers can bring on sea-sickness. If you must read, take in small portions at a time and have frequent breaks and look up towards the horizon. If using an electronic device, try a program that reads text out-loud to avoid fixing your eyes on the screen.
- **Roll with the punches** – fighting the roll of a ship can quickly cause fatigue which can lead to sea-sickness. Try to roll with the ship instead of stiffening up and fighting the motion.
- **Clean your ears** – wax build up in your ears is reported to lead to motion sickness. Monitor your breathing – hyperventilation can lead to lightness of head and induce many of the symptoms of seasickness. Take deep, controlled breaths and stay calm.
- **Decongest** – stuffed and runny noses play havoc on the inner ear. Some people suggest vapor rub or chilli powder to clear the nasal passages.

Ask our crew for assistance at any time

The logo for SEALINK, featuring the word "SEALINK" in a bold, blue, sans-serif font. A stylized orange and yellow wave graphic is positioned between the "A" and "L" of "SEALINK".