



The SESK Party Game

STUFF EVERY WORLD TRAVELER SHOULD KNOW

How to play (30 seconds)

1. The reader reads a card and its three answers out loud.
2. Everyone says "One, two, three, Goldilocks!" and holds up 1, 2, or 3 fingers.
3. The reader flips the card and reads the answer and the Why.
4. Everyone who was right takes a point.
5. The reader reads the joke with a straight face. Anyone laughs or groans? The reader takes a point. Nobody got it right? The reader takes a point.
6. Pass the deck left. Most points when the points run out wins.

What you need

These cards and the point tokens on the last two pages. No tokens? Use coins, buttons, pebbles, or marshmallows. 3 to 10 players, ages 8 and up.

Expert rule: Bet It

Before the reader flips the card, you may put one of your points on your answer. Right: take your normal point plus one extra. Wrong: your bet goes back to the pile. That's it.

Printing

Print single-sided, on cardstock if you have it. Cut on the dashed lines. Each card is a 3.5 x 5 inch index card. The answer half is upside down on purpose, so the table can't peek. Cards 1 to 50 of 103. More cards and the free daily online game at sesk.info. Built 2026-10-13.

TRAVEL



A family of four, including a baby, visits the UK. How many ETAs do they need?

- A** One for the whole family
- B** Four, one per person
- C** Three, since babies are exempt

FLIP FOR THE ANSWER

#9427

SESK.INFO

STRAIGHT FACE
What did the baby say at the airport? I'm ready to go goo-bal.

B Four, one per person
WHY Each traveler needs their own ETA, even babies and children. There is no family ETA. Apply only on the official GOV.UK site or app, because copycat sites charge more.

TRAVEL



A US citizen flies to Toronto. Do they need a Canadian eTA?

- A** Yes, every foreign visitor does
- B** Yes, but only on flights
- C** No, US citizens are exempt

FLIP FOR THE ANSWER

#9428

SESK.INFO

STRAIGHT FACE
Why did the maple tree love road trips? It never got tired of the sap-py songs.

C No, US citizens are exempt
WHY Canada's eTA is for travelers from eTA-required countries flying in. US citizens are exempt, but must carry proper identification such as a valid US passport.

TRAVEL



A traveler from an eTA-required country needs a Canadian eTA when arriving which way?

- A** By air
- B** By car
- C** By cruise ship

FLIP FOR THE ANSWER

#9429

SESK.INFO

STRAIGHT FACE
What did the cruise ship say to the eTA form? Sorry, you're not my type.

A By air
WHY Travelers from eTA-required countries need an eTA to fly to or transit through a Canadian airport. They generally do not need one when arriving by car, bus, train or boat, including a cruise ship.

TRAVEL



You renew your passport after getting a Canadian eTA. What happens to the eTA?

- A** It moves to the new passport
- B** You need a new eTA
- C** It lasts ten more years

FLIP FOR THE ANSWER

#9430

SESK.INFO

STRAIGHT FACE
What did the old passport say to the new one? You've got big pages to fill.

B You need a new eTA
WHY An eTA is electronically linked to the passport you applied with. It lasts up to five years or until that passport expires. A new passport means a new eTA.

TRAVEL



With Australia's ETA, how long can a visitor stay each time they enter?

- A** 30 days
- B** 6 months
- C** Up to 3 months

FLIP FOR THE ANSWER

#9431

SESK.INFO

STRAIGHT FACE
Why don't kangaroos need suitcases? They've got built-in pouches.

C Up to 3 months
WHY Australia's ETA (subclass 601) allows many visits over 12 months, staying up to 3 months each time. US passport holders are eligible. You apply in the Australian ETA app, which has an AUD20 service charge.

TRAVEL



A US-Canadian dual citizen flies to Canada. Which document works?

- A** A valid Canadian or US passport
- B** A US passport plus an eTA
- C** A Canadian driver's license only

FLIP FOR THE ANSWER

#9432

SESK.INFO

STRAIGHT FACE
Why do dual citizens make great comedians? They have double the material.

A A valid Canadian or US passport
WHY Canadian citizens, including dual citizens, cannot apply for an eTA. Canada says American-Canadians can travel with a valid Canadian or US passport.

TRAVEL



A US citizen who also holds another country's passport returns home. Which passport must they use?

- A** Either one
- B** Their US passport
- C** Whichever was issued most recently

FLIP FOR THE ANSWER

#9433

SESK.INFO

STRAIGHT FACE
My grandpa says he holds dual citizenship: the couch and the recliner.

B Their US passport
WHY US dual citizens owe allegiance to both countries, but they must use a US passport to enter and leave the United States. The other country may have its own rule for its border.

TRAVEL



A child travels abroad with only one parent. Who should sign the consent letter?

- A** The other parent
- B** The parent who is traveling
- C** The child's school principal

FLIP FOR THE ANSWER

#9434

SESK.INFO

STRAIGHT FACE
What did the parent write in the consent letter? Permission granted, souvenirs required.

A The other parent
WHY Many countries check for child abduction at the border. If a child travels with one custodial parent, the consent letter should come from the other parent. If the child travels alone or with a guardian, both parents sign.

TRAVEL



What kind of child travel consent letter does USAGov say is preferred?

- A** Handwritten in any language
- B** In English and notarized
- C** A text message from the parent

FLIP FOR THE ANSWER

#9435

SESK.INFO

STRAIGHT FACE
Why did the notary go on vacation? She needed a break from all the stamps.

B In English and notarized
WHY A notarized letter shows a notary checked who signed it. USAGov says English and notarized is preferred. The destination country's embassy can tell you its exact rules for children.

TRAVEL



A parent with sole custody travels abroad with their child. What should they carry?

- A** Nothing extra
- B** The child's report card
- C** A copy of the custody document

FLIP FOR THE ANSWER

#9436

SESK.INFO

STRAIGHT FACE
Why did the custody papers go on the trip? They wanted to be in good hands.

C A copy of the custody document
WHY USAGov says a parent with sole custody should carry a copy of the custody document. It documents the traveling parent's custody status.

TRAVEL



A US child under 16 crosses into Canada by car. Which document can they use?

- A** An original or certified birth certificate
- B** Only a US passport
- C** A Social Security card

FLIP FOR THE ANSWER

#9437

SESK.INFO

STRAIGHT FACE
Why did the car get a library card? It wanted to check out the open road.

A An original or certified birth certificate
WHY At a Canadian land border, a US citizen can prove identity and citizenship with documents such as a birth certificate. Air travel has stricter document rules.

TRAVEL



Carrying over \$10,000 in cash into or out of the US, which form do you file?

- A** IRS Form 1040
- B** CBP Form 4457
- C** FinCEN Form 105

FLIP FOR THE ANSWER

#9438

SESK.INFO

STRAIGHT FACE
Why did the dollar bills travel together? There's strength in numbers.

C Fincen Form 105
WHY Carrying any amount is legal, but over \$10,000 must be reported to CBP on FinCEN Form 105. Filing online is recommended. Skipping it can mean losing all the money and a fine of up to \$500,000.

TRAVEL



A family of four each carry \$4,000 cash into the US. Must they report it?

- A** No, each person is under \$10,000
- B** Only the parents must
- C** Yes, the limit counts the group total

FLIP FOR THE ANSWER

#9439

SESK.INFO

STRAIGHT FACE
Why did the piggy bank get stopped at customs? It had a lot to declare.

C Yes, the limit counts the group total
WHY For families or groups, CBP counts the total everyone is carrying, not each person's share. Four times \$4,000 is \$16,000, so it must be reported.

TRAVEL



Entering France, cash worth how much or more must be declared?

- A** 10,000 euros
- B** 1,000 euros
- C** 50,000 euros

FLIP FOR THE ANSWER

#9440

SESK.INFO

STRAIGHT FACE
Why did the wallet go to France? It wanted a little change of scenery.

A 10,000 euros
WHY France asks you to declare cash or travelers checks worth 10,000 euros or more. You get a certified declaration showing you brought the money in.

TRAVEL



What decides whether your US duty-free exemption is \$200, \$800 or \$1,600?

- A** Your age
- B** The countries you visited
- C** How you paid

FLIP FOR THE ANSWER

#9441

SESK.INFO

STRAIGHT FACE
My souvenirs cost more than my trip. Now that's a duty I didn't sign up for.

B The countries you visited
WHY Returning US travelers get a personal exemption, the value of goods they can bring back without paying duty. It is \$200, \$800 or \$1,600 depending on the countries visited.

TRAVEL



To use the US duty-free exemption, you generally must be abroad at least how long?

- A** 24 hours
- B** One week
- C** 48 hours

FLIP FOR THE ANSWER

#9442

SESK.INFO

STRAIGHT FACE
Why was the clock such a good traveler? It made the most of every hour.

C 48 hours
WHY The exemption applies when you return from an overseas stay of at least 48 hours. That time limit does not apply when coming back from Mexico or the US Virgin Islands.

TRAVEL



Is something from a duty-free shop abroad automatically free of US duty when you get home?

- A** No, it counts toward your exemption
- B** Yes, always
- C** Yes, if it costs under \$1,000

FLIP FOR THE ANSWER

#9443

SESK.INFO

STRAIGHT FACE
Why did the shopping bag go on vacation? It needed to carry on.

A **WHY** No, it counts toward your exemption
Goods from a duty-free shop are not automatically free of US duty when you return. They count toward your personal exemption, so declare them like any other purchase.

TRAVEL



Why shouldn't you gift-wrap souvenirs you carry back into the US?

- A** Wrapped gifts cost more duty
- B** Officers may need to unwrap them
- C** Wrapping paper is banned

FLIP FOR THE ANSWER

#9444

SESK.INFO

STRAIGHT FACE
Why did the present refuse to be wrapped? It didn't want to be under inspection.

B **WHY** Officers may need to unwrap them
All gifts you bought or received abroad must be declared. CBP says not to gift-wrap items you carry home, because they may need to be unwrapped during inspection. Wrap them after you land.

TRAVEL



Coming home to the US with sausage and fruit from abroad, what must you do?

- A** Pack them in checked bags, which skip checks
- B** Nothing, small amounts are fine
- C** Declare them to CBP

FLIP FOR THE ANSWER

#9445

SESK.INFO

STRAIGHT FACE
Why did the banana bring a passport? It wanted to split from the bunch.

C **WHY** Declare them to CBP
All travelers must declare meats, fruits, vegetables, plants, seeds and soil in carry-on or checked bags. Banned items are taken, and failing to declare can mean a fine of up to \$1,000 for a first offense.

TRAVEL



Flying to France from outside the EU, can you bring your ham sandwich or a block of cheese?

- A** No, meat and milk products aren't allowed
- B** Yes, in any amount
- C** Only if they are duty-free

FLIP FOR THE ANSWER

#9446

SESK.INFO

STRAIGHT FACE
Why did the sandwich get stopped at the border? It was full of baloney.

A **WHY** No, meat and milk products aren't allowed
When entering the EU from a non-EU country, you generally cannot bring meat, milk or products containing them. Limited exceptions include powdered infant milk, infant food and special foods needed for medical reasons.

TRAVEL



Besides safety alerts, how can STEP help if you lose your passport abroad?

- A** It mails you a new one for free
- B** It speeds reporting it and getting a temporary one
- C** It lets you fly without one

FLIP FOR THE ANSWER

#9447

SESK.INFO

STRAIGHT FACE
I signed up for STEP. Now I take every trip one step at a time.

B It speeds reporting it and getting a temporary one
WHY The Smart Traveler Enrollment Program sends news and alerts for your destination. The local embassy can also give you instructions in an emergency, help family reach you, and speed a lost-passport report.

TRAVEL



Your US passport is lost while you're in Italy. Who replaces it?

- A** The Italian police
- B** Your airline
- C** The nearest US embassy or consulate

FLIP FOR THE ANSWER

#9448

SESK.INFO

STRAIGHT FACE
Why did the passport go to the embassy? It felt a little lost

C The nearest US embassy or consulate
WHY Report the loss, then contact the nearest US embassy or consulate to replace it. If there isn't time for a regular passport, they may issue a limited-validity passport.

TRAVEL



A US citizen is arrested in another country. Who can they contact for help?

- A** The nearest US embassy
- B** Their home state's governor
- C** The airline that flew them

FLIP FOR THE ANSWER

#9449

SESK.INFO

STRAIGHT FACE
What did the embassy say to the worried traveler? We've got your back, and your passport.

A The nearest US embassy
WHY US embassies help US citizens abroad with crime or arrest, medical emergencies, lost passports, missing persons and crises like natural disasters.

TRAVEL



On the State Department's 1 to 4 travel advisory scale, what does Level 4 mean?

- A** Exercise increased caution
- B** Do not travel
- C** Reconsider travel

FLIP FOR THE ANSWER

#9450

SESK.INFO

STRAIGHT FACE
Why did the traveler read the advisory twice? He wanted a trip with no plot twists.

B Do not travel
WHY Advisories run from Level 1, exercise normal caution, to Level 4, do not travel. At Level 4 the risks may be life-threatening, and the US government may not be able to help in an emergency.

TRAVEL



Where should a US traveler check whether a country requires a visa?

- A** A travel blog
- B** The airline's seat map
- C** The State Department's country information page

FLIP FOR THE ANSWER

#9451

SESK.INFO

STRAIGHT FACE Why did the visa feel so important? It always made an entrance.

C The State Department's country information page
WHY Many countries require visas for Americans, while others allow visa-free visits for short trips. The State Department's page for each country lists its entry, exit and visa requirements.

TRAVEL



Exchange rates differ between currency exchange desks. What does Britain's official tourism site advise?

- A** Shop around before you change money
- B** Always use the first desk you see
- C** Change all your money before you leave home

FLIP FOR THE ANSWER

#9452

SESK.INFO

STRAIGHT FACE I tried to exchange money at the airport, but the only thing gaining altitude was the fee.

A Shop around before you change money
WHY Each bureau de change sets its own exchange rate. Comparing a few before you swap your dollars can get you more local money for the same amount.

TRAVEL



A foreign card terminal offers to charge you in US dollars. What should you usually select?

- A** US dollars
- B** Local currency
- C** Either, if the card is new

FLIP FOR THE ANSWER

#9453

SESK.INFO

STRAIGHT FACE I always pay in local currency, because letting a machine pick the rate is like letting a seagull choose your chips.

B Local currency
WHY If you pay in your home currency, the shop does the conversion and extra fees often make it more expensive. Paying in the local currency is often the cheapest option.

TRAVEL



If you travel overseas often, what credit card feature does the CFPB suggest considering?

- A** A higher annual fee
- B** A bigger cash advance limit
- C** Low or no foreign transaction fee

FLIP FOR THE ANSWER

#9454

SESK.INFO

STRAIGHT FACE My card has a foreign transaction fee, so every souvenir has a small jet lag surcharge.

C Low or no foreign transaction fee
WHY Some cards add a foreign transaction fee to purchases made abroad. On a long trip those charges add up, so check your card's terms before you go.

TRAVEL



Before an international trip, what should you check with your bank?

- A** Whether it sells airline tickets
- B** Whether your cards will work where you're going
- C** Whether it can stamp your passport

FLIP FOR THE ANSWER

#9455

SESK.INFO

STRAIGHT FACE
I told my bank I would be in Paris. It said oui to my croissant purchase, then charged me.

B **Whether your cards will work where you're going**
WHY Australia's Smatraveller checklist says to tell your bank you're traveling and check whether your cards will work. It also says to carry several ways to pay.

TRAVEL



Some US banks partner with banks abroad. Why might you use a partner bank's ATM?

- A** It skips entering your PIN
- B** It raises your daily cash limit
- C** It may mean lower fees

FLIP FOR THE ANSWER

#9456

SESK.INFO

STRAIGHT FACE
I use bank ATMs abroad, because my money does not need a shady side quest.

C **It may mean lower fees**
WHY Your bank may add unexpected fees when you use ATMs abroad. Banks with partners overseas may charge less, so check your bank's policies before you go.

TRAVEL



Who can generally claim a VAT refund on goods bought in the EU and taken home?

- A** EU residents only
- B** Non-EU residents
- C** Anyone, with no conditions

FLIP FOR THE ANSWER

#9457

SESK.INFO

STRAIGHT FACE
My VAT refund form and I have a lot in common: we both need a stamp before we fly.

B **Non-EU residents**
WHY If you live outside the EU, you can get VAT back on goods you bought there. You show the goods and refund papers to customs when you leave, within 3 months of buying them.

TRAVEL



What is the tipping norm in Japan?

- A** Tip 10 percent
- B** Tip 20 percent
- C** No tip expected

FLIP FOR THE ANSWER

#9458

SESK.INFO

STRAIGHT FACE
I tried to tip in Japan and the waiter returned it faster than a boomerang with a receipt.

C **No tip expected**
WHY Japan's tourism board says it is not common to tip in bars, cafes, restaurants, taxis or hotels. If you do tip a private guide, do it discreetly in an envelope.

TRAVEL



In Britain, what should you check on a restaurant bill before adding a tip?

- A** Whether a service charge is already added
- B** Whether the waiter is new
- C** Whether the menu has photos

FLIP FOR THE ANSWER

#9459

SESK.INFO

STRAIGHT FACE
Service included means your tip should be a smile, not a subtraction from your vacation.

A **Whether a service charge is already added**
WHY Some British bars and restaurants automatically add a tip or service charge to the bill. Tipping isn't required there, but it is polite if the service was good.

TRAVEL



What voltage do wall outlets supply throughout Japan?

- A** 230 volts
- B** 100 volts
- C** 240 volts

FLIP FOR THE ANSWER

#9460

SESK.INFO

STRAIGHT FACE
Japan runs on 100 volts, which is still more energy than I have after a 14 hour flight.

B **100 volts**
WHY Japan's power is 100 volts AC across the whole country. Some appliances need a step-down transformer, so check the label before you plug in.

TRAVEL



What does Britain's standard Type G plug look like?

- A** Two flat parallel pins
- B** Three rectangular pins
- C** Two round pins

FLIP FOR THE ANSWER

#9461

SESK.INFO

STRAIGHT FACE
A Type G plug looks sturdy enough to survive a London bus ride, because it often has to.

B **Three rectangular pins**
WHY British plugs have three rectangular pins and a fuse inside the plug. A US plug won't fit, so you'll probably need an adapter.

TRAVEL



What is the nominal voltage of British wall sockets?

- A** 100 volts
- B** 230 volts
- C** 240 volts

FLIP FOR THE ANSWER

#9462

SESK.INFO

STRAIGHT FACE
British sockets run on 240 volts, which is how charged up I get when my bag comes out first.

B **230 volts**
WHY Britain's nominal mains power is 230 volts at 50 hertz. Before plugging in a US appliance, check that it is rated for that voltage.

TRAVEL



A charger labeled 100-240 V usually needs what extra gear to work abroad?

- A** A voltage transformer
- B** Just a plug adapter, if the plug won't fit
- C** A second battery

FLIP FOR THE ANSWER

#9463

SESK.INFO

STRAIGHT FACE
100-240 V means the charger is bilingual in electricity.

B Just a plug adapter, if the plug won't fit
WHY A 100-240 V label means the device handles both low and high mains voltage. Japan's tourism board notes dual-voltage hair dryers, irons and shavers work anywhere in Japan.

TRAVEL



What should you do before using your US phone abroad to avoid surprise charges?

- A** Turn off the lock screen
- B** Delete all your photos
- C** Check roaming rates and options

FLIP FOR THE ANSWER

#9464

SESK.INFO

STRAIGHT FACE
Roaming charges can make one photo cost more than the postcard you forgot to send.

C Check roaming rates and options
WHY Most US phone plans don't cover use abroad, and foreign networks can add roaming fees. Ask your carrier about rates and options before you go.

TRAVEL



Which phone feature can quietly run up roaming charges while you're abroad?

- A** Saved offline maps
- B** Automatic downloads
- C** The alarm clock

FLIP FOR THE ANSWER

#9465

SESK.INFO

STRAIGHT FACE
I turned off automatic downloads abroad, and my phone bill finally stopped sightheeing.

B Automatic downloads
WHY Some phones and apps download data on their own whenever the phone is on. Turn that off and use Wi-Fi, which doesn't count toward your data allowance.

TRAVEL



What is one low-cost alternative to high international roaming charges?

- A** Renting a satellite phone
- B** Calling from your hotel room phone
- C** A local SIM card or eSIM

FLIP FOR THE ANSWER

#9466

SESK.INFO

STRAIGHT FACE
A local SIM is like buying a local hat you fit in and your data stops crying.

C A local SIM card or eSIM
WHY Ask your carrier to unlock your phone, then use a local SIM card or eSIM with a local number. Your phone must also work on the networks where you travel.

TRAVEL



What time does 19:30 represent in the 24-hour clock?

- A** 7:30 pm
- B** 7:30 am
- C** 9:30 pm

FLIP FOR THE ANSWER

#9467

SESK.INFO

STRAIGHT FACE
I told my friend 19:30 and she asked if that was the flight number or the price.

A 7:30 pm
WHY The 24-hour clock numbers the hours from 00:00 at midnight to 23:59. For times after noon, subtract 12 to get the pm time, so 19:30 is 7:30 pm.

TRAVEL



Which system of measurement do almost all countries use for daily life?

- A** US customary units
- B** The metric system
- C** Roman numerals

FLIP FOR THE ANSWER

#9468

SESK.INFO

STRAIGHT FACE
Abroad, a mile is not a mile; it is a little over one and a half kilometers of walking.

B The metric system
WHY Most of the world measures in meters, liters and grams. The United States has adopted the metric system too, but customary units like miles and pounds are still common there.

TRAVEL



What does 0 degrees Celsius represent?

- A** Body temperature
- B** Room temperature
- C** Freezing point of water

FLIP FOR THE ANSWER

#9469

SESK.INFO

STRAIGHT FACE
Zero Celsius means water freezes, but my enthusiasm for pizza never does.

C Freezing point of water
WHY On the Celsius scale, water freezes at 0 degrees and boils at about 100. Zero Celsius equals 32 degrees Fahrenheit, so a forecast of 0 abroad means icy weather.

TRAVEL



In Australia, which writes dates day/month/year, what date is 5/7/2026?

- A** 5 July 2026
- B** May 7, 2026
- C** 7 May 2026

FLIP FOR THE ANSWER

#9470

SESK.INFO

STRAIGHT FACE
Dates abroad can be confusing, so now I write 5 July like a person tired of missing flights.

A 5 July 2026
WHY Australia writes numeric dates as day/month/year, while the US uses month/day/year. Check tickets and bookings carefully, because the same numbers can mean different dates.

TRAVEL



Time zones were planned by splitting Earth into how many zones, one per hour?

- A** 12
- B** 24
- C** 36

FLIP FOR THE ANSWER

#9471

SESK.INFO

STRAIGHT FACE
Thanks to time zones, I once landed before I took off, and I still missed lunch.

WHY Earth was divided into slices 15 degrees of longitude wide, giving 24 zones for the 24 hours of one rotation. Countries draw their own borders, so real zones are not straight lines.

B 24

TRAVEL



What is the world's reference time scale, kept by atomic clocks, called?

- A** EST
- B** BST
- C** UTC

FLIP FOR THE ANSWER

#9472

SESK.INFO

STRAIGHT FACE
UTC is the time zone for people who think local time is too emotional.

WHY Coordinated Universal Time runs at the rate of atomic clocks and took effect internationally in 1972. Local time zones are often written as offsets from it, such as UTC minus 5.

C UTC

TRAVEL



What causes jet lag?

- A** A mismatch between your body clock and destination time
- B** Motion sickness from turbulence
- C** Low cabin oxygen

FLIP FOR THE ANSWER

#9473

SESK.INFO

STRAIGHT FACE
My body clock is still on island time, which is fine until the meeting is on Monday time.

WHY Flying fast across time zones leaves your internal body clock out of step with local time. That can cause poor sleep, daytime sleepiness and an upset stomach.

A A mismatch between your body clock and destination time

TRAVEL



Which direction of travel usually makes jet lag harder to adjust to?

- A** Westward
- B** Eastward
- C** Northward

FLIP FOR THE ANSWER

#9474

SESK.INFO

STRAIGHT FACE
Flying east made my watch go forward and my sleep go backward.

WHY Flying east means your body clock has to move earlier, and most people find that harder than moving it later. Westward trips are usually easier to adapt to.

B Eastward

TRAVEL



What environmental factor is key to resetting your body clock after flying?

- A** Full darkness all day
- B** Wind
- C** Light exposure

FLIP FOR THE ANSWER

#9475

SESK.INFO

STRAIGHT FACE
Sunlight abroad is free, and it resets your clock faster than my coffee resets me.

C **Light exposure**
WHY Light helps sync your internal clock with the world around you. Getting light, or avoiding it, at the right times can shorten jet lag.

TRAVEL



What over-the-counter supplement may help some travelers manage jet lag?

- A** Melatonin
- B** Vitamin C
- C** Iron pills

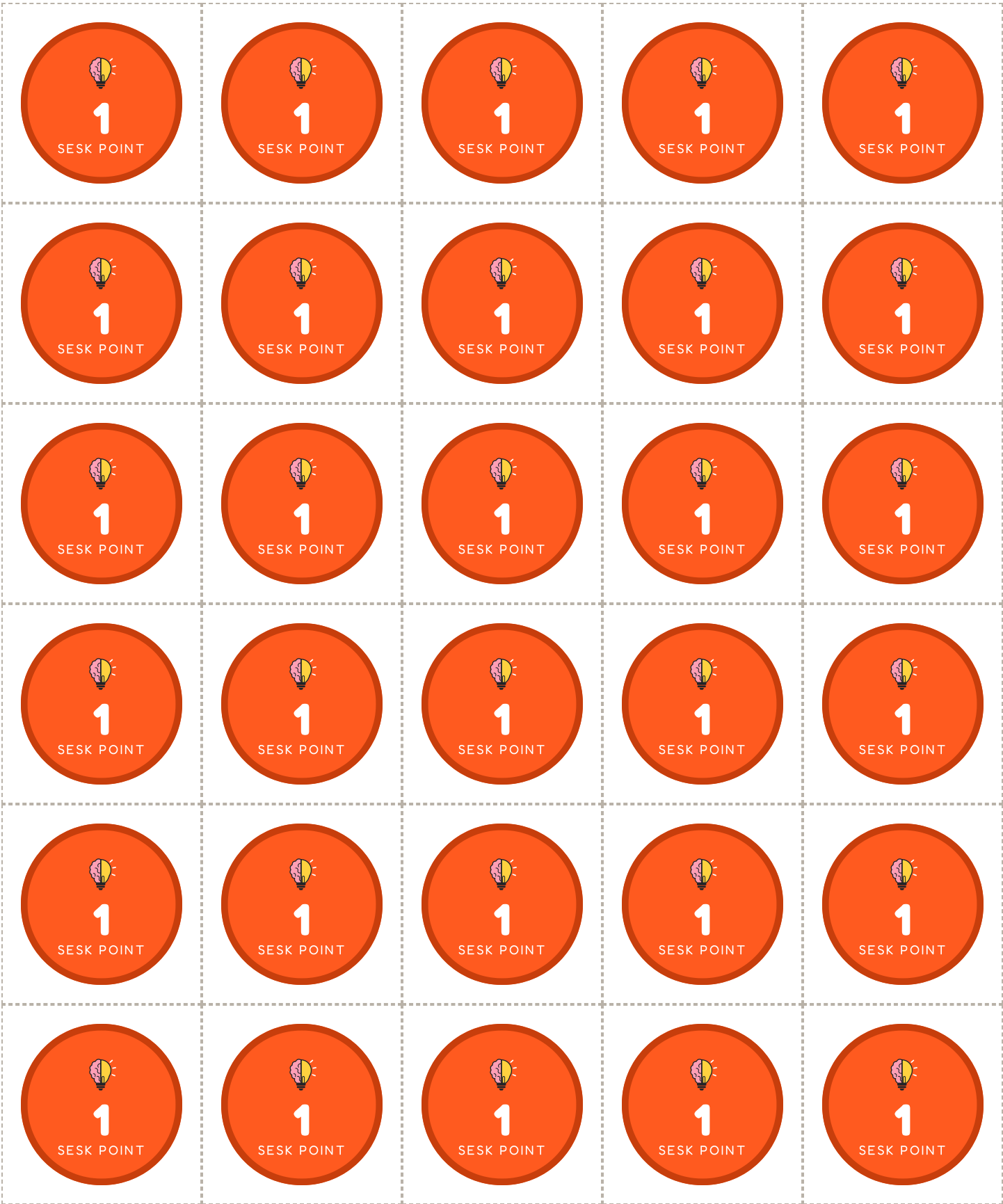
FLIP FOR THE ANSWER

#9476

SESK.INFO

STRAIGHT FACE
Melatonin and I have a deal: it helps me sleep, and I stop counting time zones instead of sheep.

A **Melatonin**
WHY Melatonin is a hormone your brain makes in the dark. A small, well-timed dose can help shift your body clock, but ask a health provider first.



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