

Master jet lag and adapt quickly to any destination with
5 neuroperformance hacks made for people who never stop moving.



TIME-CRITICAL SYNC PLAYBOOK

Science-based hacks for time-critical leaders — like AGOL

JET LAG



ON TIME

PASSENGER NAME
Experienced Traveler

FLIGHT
A111

SEAT
1A

GATE
A1

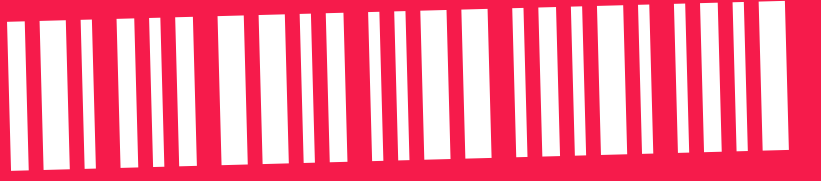
GATE
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FLIGHT
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PASSENGER NAME
Experienced Traveler

JET LAG  **ON TIME**





Click or Scan your boarding pass to
access your **Time-Critical Sync Playbook!**

Precision, timing, and control — that's what AGOL brings to every time-critical operation.
Your body runs on the same principles. Learn the master moves to keep it in sync!