

# Packing List to Help You Sleep on Planes

Do you have trouble sleeping on planes? Here are a few aids and strategies to help you relax and rest in the air so that you have a better chance of actually falling asleep.

This packing list covers everything you need to get a good night's sleep. [Hot tip: Copy/save this list and customize by adding new items and replacing others!]



## Create a "Bed Time" Environment

- Sleep eye mask
- Ear plugs
- Bose noise-cancelling headphones <https://herpackinglist.com/best-headphones-for-travel/>
- Turkish towel <https://herpackinglist.com/turkish-towels-for-travel/>
- Cabeau neck pillow

## "Sleepy Time" Picks

- CALM Sleep Mist
- Sleepytime Tea with as chamomile, spearmint, and lemongrass
- Badger Sleep Balm
- Bath and Body Works Sleep Lotion

## Oral Sleep Aids

- Melatonin
- Unisom
- Tylenol PM

## Personal Sleep Comfort

- Tunic top <https://herpackinglist.com/crafting-the-perfect-plane-outfit/>
- Leggings
- Visine eye drops
- Aveeno lotion
- Burt's Bees Lip Balm

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