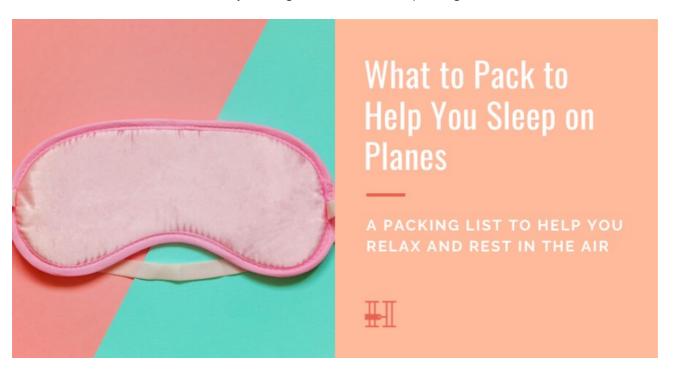
Packing List to Help You Sleep on Planes

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

Unisom

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

Make and Share Free Checklists checkli.com