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!]

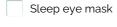


What to Pack to Help You Sleep on Planes

A PACKING LIST TO HELP YOU RELAX AND REST IN THE AIR

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Create a "Bed Time" Environment



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

