

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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