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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