

# 8 tips to help you get a good night's sleep on the plane

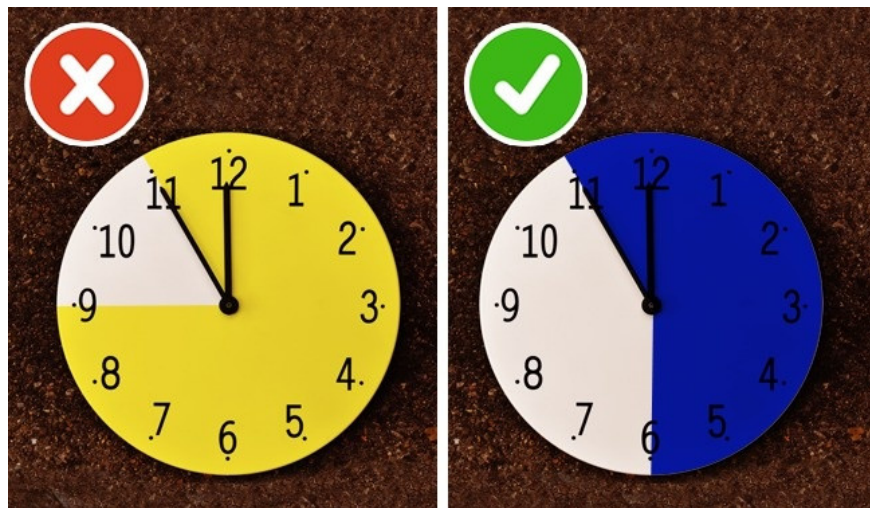
Please lay down the tips that have this martial to get a good sleep on the plane when you have to fly long.

Long distance flights will definitely make you feel tired. A good sleep makes you feel much healthier and more comfortable when you go to the airport. Besides sleeping is also *the* fastest way to 'kill time'.

However, for many people they feel uncomfortable sleeping on airplanes by small spaces. A few tips below will help you feel better and have better sleep on the plane.

## 1. Night time is the best time for a long flight

If you have a long trip, it's best to choose the time of night flight - the time when you usually sleep in accordance with your body's biological clock.



In order to get a good night's sleep, you could sleep a little less than 2 hours in the night before getting on the flight and you could fall asleep faster. If possible, avoid transit-forced flights and choose direct flights to ensure a smooth sleep from start to finish!

## 2. Tuesday and Wednesday are the best flight days

When there is nothing too rushing, it is best to choose a flight day in the middle of the week from Tuesday to Thursday. Avoid choosing the flight days at the beginning of the week or the weekend because the number of

passengers will double compared to the normal day. .



When you fly in the middle of the week, the number of tourists is also less, meaning you will have more space to rest and quieter when sleeping on the machine.

### **3. Should choose a seat near the door to have a good sleep**

If you want to have a comfortable sleep on the plane, then the window chair is the most ideal seat for you. When you sit near the window you will have a more comfortable fulcrum, then you will not worry to bother the person sitting next to you.



In addition, the outboard seats and the middle seats are not a good choice for you if you don't want to be woken up regularly by people inside the middle of the night for personal needs.

### **4. Give the seat tilt to the maximum**

Tilting the aircraft seat will help you feel much more comfortable when you want to sleep. However, you should be aware that before you rest your chair, make sure there are no people behind or have their consent.



Choose a position that will help you feel most comfortable to sleep, change your posture occasionally because lying too long on one side can cause you to have low back pain, or fall head asleep on the dining table, tilting your neck back will adversely affect your neck and waist.

## 5. Choose comfortable clothes when flying

Besides choosing a sleeping spot, the comfortable costumes are also a problem that greatly affects your sleep. You should choose clothes with elastic material, elastic cotton, good sweat absorbing instead of tight clothes with hard material . this outfit also helps you to stretch more comfortably on the plane.



Also, before you fly you should learn about the weather where you are going to prepare suitable clothes.

## 6. Don't forget to buckle up

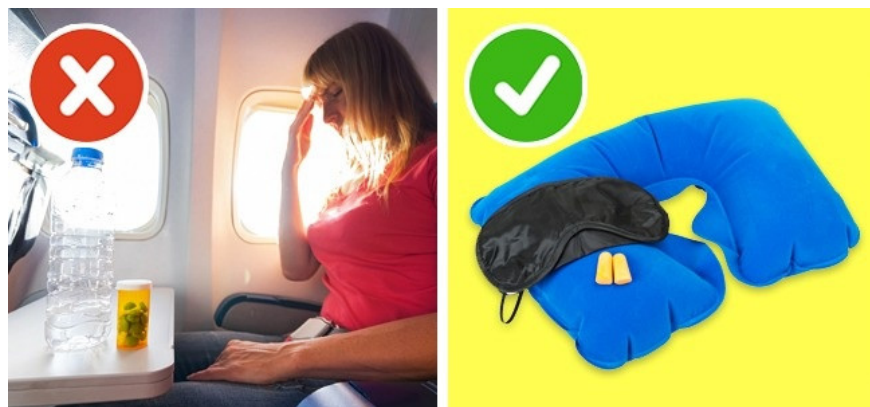
Seat belts are a must for anyone to set foot on a plane.



Therefore, to ensure your own safety, fasten your seatbelt even when sleeping, if you feel uncomfortable because the cord is too tight, do not remove it but loosen it a little to make it more comfortable. . This not only ensures safety but also helps you sleep deeper, avoiding shaking when entering bad weather.

## 7. Prepare the necessary items to have a good night's sleep

To get a good night's sleep on the plane, it is best to prepare accessories such as blindfold, headphones to reduce aircraft noise, U-shaped pillow around the neck .



On the plane always prepare blankets and pillows. So if you feel cold, you can text the flight attendants to borrow their blankets and pillows. However, take the initiative to ask early for the flight attendants because in some firms, the number of blankets on airplanes is limited.

## 8. Select wise food on the flight

If you want to sleep, don't eat too much. Some herbal teas, natural foods, easy to digest like fruits . will help you sleep better.



Forget coffee and wine because they can calm you down but ruin your sleep quality!

Have fun!

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