

Experiment put people into hibernation to take long-term space travel

If successful, the human journey to Mars will literally be 'like a dream sleep'.

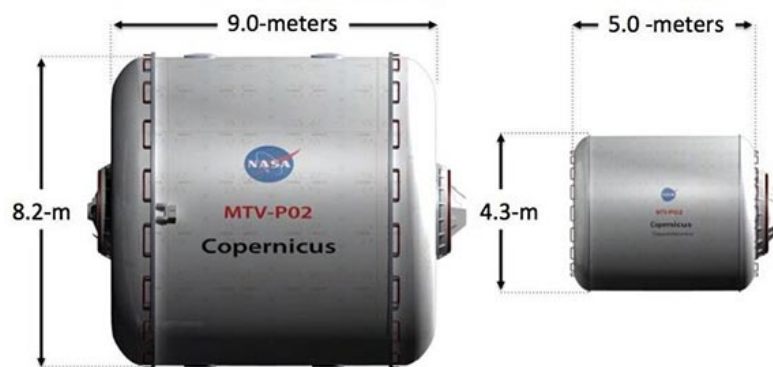
The European Space Agency (ESA) is currently studying the application of hibernation in humans to provide a way to solve the problems of astronauts' survival during long-term space exploration.

The preliminary results of the study show that putting people into hibernation on long trips will bring many benefits. In addition to saving money, maintaining a healthy body, the astronauts just sleeping also allows to improve the performance of the spacecraft due to the improved design.

According to calculations by scientists, at the present time, it will take about 7 months for humans to set foot on Mars (in ideal conditions). However, one major problem to consider is the astronauts' safety during such long trips.

There are dozens of reasons why the journey to Mars is a deadly journey for humans, despite the fact that astronauts have been 'equipped with teeth' with the latest technology. Typical of these are the effects of harmful space radiation (space radiation), psychosis, and space atrophy. That's not to mention muscle atrophy, demineralization and the pressure inside the skulls that astronauts must experience due to gravity.

However, according to ESA, all of these death syndromes can be avoided if people fall into a state of hibernation, whose core is to reduce the metabolic rate to the maximum.



Bringing people into a state of hibernation is no longer a concept that only appears in science fiction movies. The idea is to lower the astronauts' body temperature and maintain it at 32 degrees thanks to some special foods and specially designed bedrooms. When metabolism is limited by 50-70%, astronauts can sleep for 14 consecutive days with only a very small amount of food and oxygen to feed the body.

If successful, the human journey to Mars will only be 'like a dream', literally, safely and economically!

You finished reading the article "**Experiment put people into hibernation to take long-term space travel**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.
