

Harmless effect if sleeping when the aircraft took off and landed

Sleeping when the plane takes off and landed, the body will not be able to balance the air pressure in the ear which can damage the ear.

Medical experts advise passengers not to sleep while the aircraft is taking off and landing to ensure their own health.

1. Why can airplanes fly in the sky?
2. Why open the window when the plane takes off and landed?
3. Why does the phone have to be in flight mode when taking off and landing?

The reason is that the air pressure in the aircraft changes abruptly when the aircraft takes off and lands. Therefore, at this time we need to be alert so that the body can quickly adapt to that change, if we sleep, the body will not react quickly.



According to Angela Chalmers, a British medical researcher: ' A sudden change in elevation will affect air pressure in the ear. At that time, the ear will fall into a vacuum state, making the ears feel blocked and buzzing. If you sleep, you will not be able to swallow saliva regularly and lead to an ear congestion. So try not to sleep while the plane takes off and lands. '

The US National Library of Medicine's MedlinePlus medical website said that sleeping when an airplane takes off and landed on the body will not balance the air pressure in the ear that could hurt the ear.

Swallowing or yawning helps balance the pressure exerted on the eardrums of the ear and helps the air to circulate in the ear. If the ear is not circulated, the ear can be damaged even by hearing loss.

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