Sleep Travel Kit - Checklist

Light Control

- **Sleep Mask:** Blocks ambient light from airplanes, hotels, or streetlights.
- **Portable Blackout Curtains or Clips:** Handy for hotel rooms with thin curtains.
- **Blue-Light Blocking Glasses:** Reduce screen and overhead lighting effects during evening hours.

Noise Control

- **Earplugs:** Simple and effective for blocking snoring neighbors, traffic, or airplane engines.
- **White Noise App or Travel-Sized Machine:** Creates a consistent background sound wherever you are.
- **Small Travel Fan (optional):** Adds airflow and soothing hum.

Comfort Items

- **Travel Pillow:** Keeps neck supported during flights or long rides.
- **Compact Blanket or Shawl:** Provides warmth and comfort in unfamiliar settings.
- **Familiar Pillowcase:** Adds a touch of home and helps with relaxation.

Relaxation Aids

- **Chamomile or Herbal Tea Bags:** Calming ritual before sleep.
- **Magnesium Supplement or Melatonin (if needed):** Gentle support for circadian alignment.
- **Essential Oils (lavender roll-on or spray):** Soothing scent to trigger relaxation.

Sleep Routine Support

- **Reusable Water Bottle:** Stay hydrated without relying on late-night hotel runs.
- **Notebook and Pen:** Jot down next-day tasks to clear your mind.
- **Stretching Band or Compact Yoga Strap:** Quick mobility routine before bed to release travel tension.

Organization Hacks

- **Small Travel Pouch:** Keep all sleep tools together so they’re easy to find.
- **Backup Charging Cable:** Avoid stress from dead devices when using white noise or apps.
- **“Do Not Disturb” Door Sign:** Reinforce uninterrupted sleep in hotels.

