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The Space Bedroom

Private Quarters

Each astronaut has a "personal sleep station", which is like their bedroom. One of the sleep station's walls is lined with a large drawer. Pulling out the drawer is like pulling out a wall bed. The inside of the drawer looks like the inside of a suitcase. This is where they keep their personal belongings. The sleep station has a reading lamp, clothes drawers and/or nets to make sure nothing floats away, a shelf or desktop and a sleeping bag.

Bed Time

Going to sleep in space is like going camping. When it's time for bed, astronauts take their "sleep restraint" (sleeping bag) and snap it to one of the walls, floor, or ceiling - it doesn't matter since there is no up or down in space.



Once they are in the sleeping bag they zip themselves in, letting their arms float outside the sleeping bag. They also use a head strap that attaches to the wall with Velcro so that their head doesn't move.

CSA Astronaut Bjarni V. Tryggvason sleeps on the Space Shuttle Discovery's mid-deck floor. Image courtesy of NASA.

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