

Travel-night sleep kit.

The night-before-travel checklist. Tick boxes with a pen. Three columns: what to pack, what to recreate at the destination, what almost everyone forgets.

PACK

- Eye mask**
Hotel curtains are never as dark as home
- Foam earplugs**
Two pairs — one always falls out
- Travel pillow**
Memory foam, not inflatable
- Melatonin 0.3-1mg**
Sublingual; under 2mg for jet lag
- Magnesium glycinate 200mg**
Optional, helps if you're stressed
- White-noise app downloaded offline**
myNoise or Noisli
- USB-C / Lightning cable**
Hotel sockets often only one type
- Travel adapter**
If crossing borders
- Reusable water bottle**
Dehydration fragments sleep

RECREATE AT DESTINATION

- Bedroom temperature 18-19°C / 64-66°F**
Crank the AC; many hotels run warm
- Total darkness**
Eye mask + cover the LED on smoke alarm / clock
- Same wind-down routine as home**
Same playlist, same tea, same book
- Phone face-down or in another room**
Hotel notifications wake you
- Bed orientation matters less than you think**
Don't waste energy on this
- Hotel coffee = 8h before bed cutoff**
Many hotel coffees are 200mg+
- Avoid alcohol within 3h of bed**
Disrupts deep sleep regardless of timezone

COMMONLY FORGOTTEN

- Toothbrush / toothpaste**
Hotel toothpaste is foul; brush quality matters
- Phone charger**
Buy at airport for \$30 or pack the \$4 cable
- Prescription meds (in carry-on)**
Never in checked luggage
- Reusable water bottle**
TSA-empty before security; refill after
- Snack for the room**
Hotel mini-bar is \$14 for nuts
- Backup melatonin**
If you forgot at home, find a pharmacy on landing
- Comfortable layers for the plane**
Cold + cramped = no sleep on flight

One-line travel-sleep playbook: recreate your home bedroom temperature, darkness, and wind-down routine wherever you are. Everything else (melatonin, eye mask, white noise) is supporting cast for those three.

Crossing time zones? Pair this card with the jet-lag pre-flight plan (Card 03) — together they cover the full week before/during/after travel.