



1
00:00:10,080 --> 00:00:19,510
congratulations

2
00:00:23,429 --> 00:00:21,590
i have a question from nancy in florida

3
00:00:25,750 --> 00:00:23,439
she's asking do you have dreams when you

4
00:00:27,349 --> 00:00:25,760
sleep in the space station and if yes

5
00:00:29,189 --> 00:00:27,359
are they the same compared to the ones

6
00:00:30,550 --> 00:00:29,199
that you have on earth

7
00:00:33,030 --> 00:00:30,560
and

8
00:00:34,950 --> 00:00:33,040
absolutely yeah dreaming um just like i

9
00:00:37,030 --> 00:00:34,960
would on earth

10
00:00:39,750 --> 00:00:37,040
sleeping is great up here it's really

11
00:00:41,830 --> 00:00:39,760
comfortable and your your

12
00:00:43,910 --> 00:00:41,840
your body just naturally moves into a

13
00:00:45,510 --> 00:00:43,920

completely natural position your arms

14

00:00:47,029 --> 00:00:45,520

kind of float up and

15

00:00:49,110 --> 00:00:47,039

they find that they're kind of in this

16

00:00:50,470 --> 00:00:49,120

position is kind of where the neutral

17

00:00:52,150 --> 00:00:50,480

position is

18

00:00:54,310 --> 00:00:52,160

and

19

00:00:56,790 --> 00:00:54,320

it's very comfortable i end up sleeping

20

00:00:58,389 --> 00:00:56,800

the whole night and not waking up at all

21

00:01:00,790 --> 00:00:58,399

and uh

22

00:01:02,549 --> 00:01:00,800

that's what what is funny though is that

23

00:01:03,430 --> 00:01:02,559

you know you're used to i'm used to you

24

00:01:05,590 --> 00:01:03,440

know

25

00:01:07,750 --> 00:01:05,600

the weight of your head on a pillow

26
00:01:09,670 --> 00:01:07,760
something that's comforting about that

27
00:01:10,789 --> 00:01:09,680
you don't have that up here so you can

28
00:01:13,429 --> 00:01:10,799
use like a

29
00:01:15,590 --> 00:01:13,439
bungee strap you know and and kind of

30
00:01:17,190 --> 00:01:15,600
have to pull your head against the wall

31
00:01:19,190 --> 00:01:17,200
we have our we have basically sleeping

32
00:01:20,870 --> 00:01:19,200
bags and they're strapped to the wall

33
00:01:22,710 --> 00:01:20,880
and

34
00:01:24,390 --> 00:01:22,720
you can put various straps around it to

35
00:01:25,350 --> 00:01:24,400
sort of give you something to hold you

36
00:01:27,030 --> 00:01:25,360
in place

37
00:01:27,830 --> 00:01:27,040
what's funny though is

38
00:01:35,109 --> 00:01:27,840

you know

39

00:01:37,429 --> 00:01:35,119

station just kind of like a one of these

40

00:01:38,550 --> 00:01:37,439

racks we have on the space station

41

00:01:39,910 --> 00:01:38,560

and

42

00:01:41,830 --> 00:01:39,920

you know everything is arranged in there

43

00:01:43,590 --> 00:01:41,840

in a certain orientation you know the

44

00:01:45,749 --> 00:01:43,600

sort of an up and down

45

00:01:48,389 --> 00:01:45,759

will have pictures on the wall and in

46

00:01:50,630 --> 00:01:48,399

there and you know a computer and

47

00:01:52,630 --> 00:01:50,640

other things and um

48

00:01:54,950 --> 00:01:52,640

but when i sleep you know when i when i

49

00:01:57,749 --> 00:01:54,960

wake up somehow i'm expecting that i'm

50

00:01:59,830 --> 00:01:57,759

on my back or lying flat so all of a

51
00:02:02,389 --> 00:01:59,840
sudden you know when i when i get up

52
00:02:04,069 --> 00:02:02,399
when i wake up i'm disoriented because

53
00:02:05,830 --> 00:02:04,079
you know i'm expecting i sort of think

54
00:02:07,510 --> 00:02:05,840
i'm back and

55
00:02:10,229 --> 00:02:07,520
and everything even though it's right in

56
00:02:12,309 --> 00:02:10,239
front of me um i feel like i must be

57
00:02:14,150 --> 00:02:12,319
rotated 90 degrees or something so

58
00:02:16,309 --> 00:02:14,160
waking up even still

59
00:02:18,470 --> 00:02:16,319
wake up a little disoriented and that's

60
00:02:20,150 --> 00:02:18,480
kind of strange but