



1
00:00:06,950 --> 00:00:03,590
hello i'm sunny williams i'm up here on

2
00:00:10,230 --> 00:00:06,960
the international space station

3
00:00:11,430 --> 00:00:10,240
so this is node 2. this is a really cool

4
00:00:15,430 --> 00:00:11,440
module

5
00:00:16,870 --> 00:00:15,440
see they have four sides

6
00:00:20,470 --> 00:00:16,880
and they're put together that way we

7
00:00:24,070 --> 00:00:20,480
could sort of work on a flat plane

8
00:00:26,070 --> 00:00:24,080
either a wall a floor another wall or

9
00:00:28,150 --> 00:00:26,080
the ceiling but you know again all you

10
00:00:29,109 --> 00:00:28,160
have to do is turn yourself in your

11
00:00:30,470 --> 00:00:29,119
reference

12
00:00:31,910 --> 00:00:30,480
changes

13
00:00:33,990 --> 00:00:31,920

the reason i'm bringing that up is

14

00:00:35,510 --> 00:00:34,000

because this is where four out of six of

15

00:00:37,750 --> 00:00:35,520

us sleep

16

00:00:39,350 --> 00:00:37,760

and so people always ask about sleeping

17

00:00:40,950 --> 00:00:39,360

in space do you lie down are you in a

18

00:00:42,790 --> 00:00:40,960

bed

19

00:00:44,549 --> 00:00:42,800

not really because it doesn't matter you

20

00:00:47,430 --> 00:00:44,559

don't really have the sensation of lying

21

00:00:50,310 --> 00:00:47,440

down you just sit in your sleeping bag

22

00:00:52,709 --> 00:00:50,320

so here's one sleep station right here

23

00:00:58,790 --> 00:00:52,719

i'm going in right now

24

00:01:03,349 --> 00:01:00,470

so i'm inside

25

00:01:05,030 --> 00:01:03,359

it's sort of like a little phone booth

26

00:01:07,429 --> 00:01:05,040

but it's pretty comfy i've got a

27

00:01:09,429 --> 00:01:07,439

sleeping bag right here that we sleep in

28

00:01:11,590 --> 00:01:09,439

so we don't have sort of like a little

29

00:01:12,870 --> 00:01:11,600

bit of a cover we don't fly all over the

30

00:01:14,230 --> 00:01:12,880

place

31

00:01:16,550 --> 00:01:14,240

but you know you can sleep in any

32

00:01:18,310 --> 00:01:16,560

orientation i have it sleeping

33

00:01:19,990 --> 00:01:18,320

feeling like i'm standing up right now

34

00:01:21,510 --> 00:01:20,000

but like you saw i'm on the floor but it

35

00:01:22,870 --> 00:01:21,520

doesn't matter if i

36

00:01:24,550 --> 00:01:22,880

turn over

37

00:01:26,870 --> 00:01:24,560

and i sleep

38

00:01:28,630 --> 00:01:26,880

upside down i can't have it i don't have

39

00:01:30,230 --> 00:01:28,640

any sensation in my head that tells me

40

00:01:32,310 --> 00:01:30,240

that i'm upside down so it really

41

00:01:34,069 --> 00:01:32,320

doesn't matter

42

00:01:34,950 --> 00:01:34,079

the sleep station is also like a little

43

00:01:36,950 --> 00:01:34,960

office

44

00:01:38,710 --> 00:01:36,960

we've got a computer in here

45

00:01:41,109 --> 00:01:38,720

as you can see we've got a couple little

46

00:01:42,069 --> 00:01:41,119

toys i've got some books i've got some

47

00:01:43,749 --> 00:01:42,079

clothes

48

00:01:45,270 --> 00:01:43,759

and other things that make it sort of

49

00:01:49,109 --> 00:01:45,280

like home

50

00:01:52,950 --> 00:01:51,670

and just for reference that's one sleep

51
00:01:54,389 --> 00:01:52,960
station

52
00:01:56,789 --> 00:01:54,399
this one's

53
00:01:59,350 --> 00:01:56,799
another

54
00:02:01,270 --> 00:01:59,360
right here

55
00:02:02,870 --> 00:02:01,280
there's one on the ceiling if you want

56
00:02:05,190 --> 00:02:02,880
to call it

57
00:02:07,350 --> 00:02:05,200
right here

58
00:02:09,190 --> 00:02:07,360
and then there's a fourth

59
00:02:11,670 --> 00:02:09,200
on the other wall

60
00:02:13,750 --> 00:02:11,680
over here

61
00:02:15,350 --> 00:02:13,760
so all of us sleep in a little bit of a

62
00:02:16,869 --> 00:02:15,360
circle

63
00:02:23,030 --> 00:02:16,879

all right come on back there's more to

64

00:02:27,510 --> 00:02:25,750

i know that there's some questions about

65

00:02:29,110 --> 00:02:27,520

how to use the bathroom

66

00:02:30,710 --> 00:02:29,120

and how do you actually live in space

67

00:02:32,229 --> 00:02:30,720

like normal like at home i mentioned

68

00:02:33,589 --> 00:02:32,239

real quickly about getting up in the

69

00:02:35,750 --> 00:02:33,599

morning and brushing your teeth and

70

00:02:36,630 --> 00:02:35,760

washing your face well how do you do

71

00:02:38,790 --> 00:02:36,640

that

72

00:02:40,470 --> 00:02:38,800

well here is the bathroom essentially

73

00:02:43,990 --> 00:02:40,480

you get up in the morning and we have a

74

00:02:46,229 --> 00:02:44,000

little kit and it has

75

00:02:49,509 --> 00:02:46,239

all the essential things that you need

76

00:02:51,509 --> 00:02:49,519

like your toothbrush and toothpaste

77

00:02:52,790 --> 00:02:51,519

and brush

78

00:02:55,100 --> 00:02:52,800

see how

79

00:02:57,509 --> 00:02:55,110

hair look

80

00:02:59,350 --> 00:02:57,519

[Laughter]

81

00:03:01,110 --> 00:02:59,360

i'm just joking it still stands up

82

00:03:02,949 --> 00:03:01,120

straight it doesn't matter

83

00:03:05,030 --> 00:03:02,959

where you are it's always going to stand

84

00:03:06,790 --> 00:03:05,040

up straight while you're up in space

85

00:03:07,990 --> 00:03:06,800

a lot of people ask about toothbrush and

86

00:03:08,790 --> 00:03:08,000

toothpaste

87

00:03:10,149 --> 00:03:08,800

so

88

00:03:11,430 --> 00:03:10,159

luckily enough

89

00:03:13,670 --> 00:03:11,440

toothpaste

90

00:03:14,710 --> 00:03:13,680

you can do it upside right this way is

91

00:03:16,630 --> 00:03:14,720

sticky

92

00:03:17,589 --> 00:03:16,640

and so it sticks to your toothbrush no

93

00:03:19,509 --> 00:03:17,599

problem

94

00:03:20,710 --> 00:03:19,519

another cool thing

95

00:03:22,070 --> 00:03:20,720

is

96

00:03:25,509 --> 00:03:22,080

that water

97

00:03:27,350 --> 00:03:25,519

sticks to your toothbrush too

98

00:03:30,309 --> 00:03:27,360

if you can see it

99

00:03:33,190 --> 00:03:30,319

i'll have some water come out

100

00:03:35,589 --> 00:03:33,200

water is pretty neat up in space

101

00:03:40,229 --> 00:03:35,599

it'll stick to your toothbrush

102

00:03:40,239 --> 00:03:43,830

a big bubble

103

00:03:43,840 --> 00:03:49,350

and that's just my surface tension

104

00:03:49,360 --> 00:03:52,470

and then you can

105

00:03:55,429 --> 00:03:53,830

drink it

106

00:03:57,509 --> 00:03:55,439

so a lot of people ask about what do you

107

00:03:59,429 --> 00:03:57,519

do

108

00:04:09,270 --> 00:03:59,439

with the toothpaste after you brush your

109

00:04:09,280 --> 00:04:12,149

two options

110

00:04:15,670 --> 00:04:13,830

swallow it and it's sort of like

111

00:04:19,349 --> 00:04:15,680

mouthwash

112

00:04:22,390 --> 00:04:20,870

or

113

00:04:24,310 --> 00:04:22,400

you can just spit it out in a paper

114

00:04:25,749 --> 00:04:24,320

towel and then you don't have to worry

115

00:04:27,189 --> 00:04:25,759

about it

116

00:04:29,030 --> 00:04:27,199

swallowing thing i wouldn't recommend at

117

00:04:31,189 --> 00:04:29,040

home

118

00:04:32,310 --> 00:04:31,199

i'm only up here for four months so it's

119

00:04:36,070 --> 00:04:32,320

not that bad

120

00:04:41,030 --> 00:04:39,189

one of the most pressing questions about

121

00:04:43,030 --> 00:04:41,040

using being living in space of course is

122

00:04:45,350 --> 00:04:43,040

the bathroom so let's take a look at

123

00:04:49,360 --> 00:04:45,360

that little piece of work

124

00:04:57,670 --> 00:04:55,350

[Music]

125

00:04:58,629 --> 00:04:57,680

here we are at the throne

126
00:05:01,189 --> 00:04:58,639
this is

127
00:05:02,469 --> 00:05:01,199
awesome you might see the little um you

128
00:05:03,670 --> 00:05:02,479
might have noticed the little moon on

129
00:05:04,790 --> 00:05:03,680
the outside

130
00:05:10,720 --> 00:05:04,800
this is our

131
00:05:10,730 --> 00:05:16,070
[Music]

132
00:05:20,390 --> 00:05:18,230
and of course it serves for two

133
00:05:23,430 --> 00:05:20,400
functions

134
00:05:25,830 --> 00:05:23,440
number two right here

135
00:05:27,909 --> 00:05:25,840
i'll show you

136
00:05:29,670 --> 00:05:27,919
but you see it's pretty small so you

137
00:05:30,390 --> 00:05:29,680
have to have pretty good aim and you'll

138
00:05:33,270 --> 00:05:30,400

be

139

00:05:35,590 --> 00:05:33,280

make sure things get let go the right

140

00:05:36,870 --> 00:05:35,600

direction

141

00:05:38,390 --> 00:05:36,880

and it smells a little bit so i'm

142

00:05:40,310 --> 00:05:38,400

closing it up

143

00:05:42,870 --> 00:05:40,320

and that's of course for number two

144

00:05:44,950 --> 00:05:42,880

and this guy right here

145

00:05:47,189 --> 00:05:44,960

is for number one

146

00:05:49,270 --> 00:05:47,199

so they're sort of two slightly separate

147

00:05:50,950 --> 00:05:49,280

functions but you can do a little

148

00:05:52,390 --> 00:05:50,960

essentially both by

149

00:05:56,629 --> 00:05:52,400

hanging on right here

150

00:05:59,990 --> 00:05:58,309

i might add it's color coded so you

151

00:06:04,950 --> 00:06:00,000

really don't get it mixed up which is

152

00:06:11,990 --> 00:06:10,070

and also there's a selection of

153

00:06:13,110 --> 00:06:12,000

paper people always ask about toilet

154

00:06:14,950 --> 00:06:13,120

paper what do you do with toilet paper

155

00:06:16,870 --> 00:06:14,960

what kind of toilet paper do you have

156

00:06:18,150 --> 00:06:16,880

we have gloves just because sometimes it

157

00:06:20,870 --> 00:06:18,160

does get messy

158

00:06:22,550 --> 00:06:20,880

we have some russian wipes which are a

159

00:06:24,870 --> 00:06:22,560

little bit coarse if you like the coarse

160

00:06:26,550 --> 00:06:24,880

type of toilet paper we have some nice

161

00:06:28,309 --> 00:06:26,560

tissues which are nice and soft if you

162

00:06:29,749 --> 00:06:28,319

like soft toilet paper

163

00:06:32,230 --> 00:06:29,759

we have huggies

164

00:06:34,390 --> 00:06:32,240

um just for any cleanup you know we're

165

00:06:35,830 --> 00:06:34,400

all babies once and this sort of helps

166

00:06:37,749 --> 00:06:35,840

and then if things get really out of

167

00:06:38,710 --> 00:06:37,759

control we have

168

00:06:40,710 --> 00:06:38,720

uh

169

00:06:42,150 --> 00:06:40,720

disinfectant wipes just to make sure we

170

00:06:43,350 --> 00:06:42,160

clean up here because you know just like

171

00:06:45,350 --> 00:06:43,360

the water

172

00:06:46,790 --> 00:06:45,360

i showed you the number one stuff can

173

00:06:49,350 --> 00:06:46,800

sort of go all over the place if you

174

00:06:50,629 --> 00:06:49,360

don't aim correctly and did i mention

175

00:06:52,469 --> 00:06:50,639

both of these have a little bit of

176

00:06:55,350 --> 00:06:52,479

suction so they should keep things going

177

00:06:56,950 --> 00:06:55,360

in the right direction but

178

00:06:59,029 --> 00:06:56,960

like i said sometimes things get a

179

00:07:01,029 --> 00:06:59,039

little out of control if you are out of

180

00:07:03,430 --> 00:07:01,039

control yourself flying around so we

181

00:07:05,589 --> 00:07:03,440

have lots of protective stuff and of

182

00:07:09,510 --> 00:07:05,599

course you do have your privacy

183

00:07:14,950 --> 00:07:10,870

so other people know that you're in

184

00:07:18,550 --> 00:07:16,710

here's a pretty cool place this is sort

185

00:07:20,070 --> 00:07:18,560

of like in your house where everybody

186

00:07:21,749 --> 00:07:20,080

meets in the morning

187

00:07:23,589 --> 00:07:21,759

after you wash your face brush your

188

00:07:26,629 --> 00:07:23,599

teeth you want to find something for

189

00:07:28,710 --> 00:07:26,639

breakfast and this is our kitchen

190

00:07:31,029 --> 00:07:28,720

you might notice there's all sorts of

191

00:07:32,710 --> 00:07:31,039

foods here it's like opening the

192

00:07:35,350 --> 00:07:32,720

refrigerator you got all your different

193

00:07:36,469 --> 00:07:35,360

stuff that you want to have drinks meats

194

00:07:39,589 --> 00:07:36,479

eggs

195

00:07:40,870 --> 00:07:39,599

vegetables cereals

196

00:07:42,950 --> 00:07:40,880

bread

197

00:07:44,790 --> 00:07:42,960

snacks and that's good place that's

198

00:07:46,790 --> 00:07:44,800

where you find all the candy

199

00:07:49,029 --> 00:07:46,800

side dishes and then some little power

200

00:07:52,230 --> 00:07:49,039

bars just in case so we have all this

201
00:07:54,150 --> 00:07:52,240
type of food some of it is dehydrated

202
00:07:56,950 --> 00:07:54,160
and so we have to hydrate it fill it up

203
00:07:59,189 --> 00:07:56,960
with water some of it is already made

204
00:07:59,990 --> 00:07:59,199
and then all we have to do

205
00:08:05,830 --> 00:08:00,000
is

206
00:08:09,029 --> 00:08:05,840
pretty yummy

207
00:08:12,150 --> 00:08:09,039
not only is this food made in the u.s

208
00:08:14,150 --> 00:08:12,160
but we also have food here from japan

209
00:08:15,749 --> 00:08:14,160
we've got russian food as you can see

210
00:08:18,150 --> 00:08:15,759
all these red containers are filled with

211
00:08:19,830 --> 00:08:18,160
food that's from russia

212
00:08:22,230 --> 00:08:19,840
and then we get some of our specialty

213
00:08:24,070 --> 00:08:22,240

stuff some things that we like some of

214

00:08:27,110 --> 00:08:24,080

our favorite stuff that your family can

215

00:08:29,189 --> 00:08:27,120

send up in fact i like fluffernutters

216

00:08:30,869 --> 00:08:29,199

and so i got sent up some fluff so i

217

00:08:33,509 --> 00:08:30,879

could make my fluffernutter with peanut