



1
00:00:04,789 --> 00:00:02,629
i a lot of people have asked how

2
00:00:06,389 --> 00:00:04,799
astronauts sleep at night well we sleep

3
00:00:08,470 --> 00:00:06,399
in sleeping bags we have our own

4
00:00:10,230 --> 00:00:08,480
individual crew quarters i'm sticking my

5
00:00:11,990 --> 00:00:10,240
head out of mine right now

6
00:00:13,749 --> 00:00:12,000
and if we're wearing pajamas i'm wearing

7
00:00:15,190 --> 00:00:13,759
regular clothes right now we put on our

8
00:00:25,589 --> 00:00:15,200
pajamas and then we get into our

9
00:00:25,599 --> 00:00:29,669
there's a great sleeping bag

10
00:00:34,389 --> 00:00:31,669
and what's really cool about it

11
00:00:38,470 --> 00:00:34,399
is we can zip it up

12
00:00:41,670 --> 00:00:40,150
that way if you want to you can sleep

13
00:00:43,350 --> 00:00:41,680

with your arms floating some people like

14

00:00:45,830 --> 00:00:43,360

that some people like to get snugged up

15

00:00:47,430 --> 00:00:45,840

inside but when i wake up what i like to

16

00:00:48,950 --> 00:00:47,440

do is take my arms out

17

00:00:50,790 --> 00:00:48,960

i start my day

18

00:00:52,549 --> 00:00:50,800

by getting on the computer and reading

19

00:00:54,950 --> 00:00:52,559

what mission control is sent up reading

20

00:00:56,950 --> 00:00:54,960

procedures and reading up on the news

21

00:01:07,590 --> 00:00:56,960

just like you might do at home and then

22

00:01:07,600 --> 00:01:24,950

and it's off to start the day

23

00:01:29,190 --> 00:01:27,030

but before our day starts we do like

24

00:01:30,789 --> 00:01:29,200

most folks and make a quick trip to the

25

00:01:33,830 --> 00:01:30,799

restroom

26

00:01:35,429 --> 00:01:33,840

just like the one on the russian side

27

00:01:38,069 --> 00:01:35,439

there's two on board

28

00:01:39,670 --> 00:01:38,079

let me show you how it works

29

00:01:42,469 --> 00:01:39,680

we use airflow to take the place of

30

00:01:45,590 --> 00:01:42,479

gravity and here's the seat

31

00:01:47,030 --> 00:01:45,600

doesn't look like much but actually

32

00:01:51,030 --> 00:01:47,040

it's very effective because you don't

33

00:01:54,870 --> 00:01:52,550

get that closed up

34

00:01:57,190 --> 00:01:54,880

so number two goes in here it stays in

35

00:01:58,789 --> 00:01:57,200

here and we switch out this canister

36

00:02:00,469 --> 00:01:58,799

here when it gets full

37

00:02:02,709 --> 00:02:00,479

and when it's full we stow it in the

38

00:02:04,469 --> 00:02:02,719

progress vehicle where we put a lot of

39

00:02:06,550 --> 00:02:04,479

our trash and then that goes back in the

40

00:02:11,190 --> 00:02:06,560

atmosphere and burns up

41

00:02:15,110 --> 00:02:12,790

we turn on a fan the same fan that

42

00:02:16,949 --> 00:02:15,120

starts up the airflow

43

00:02:19,110 --> 00:02:16,959

and guys use a funnel like this women

44

00:02:20,830 --> 00:02:19,120

have an adapter that they use

45

00:02:23,750 --> 00:02:20,840

and that's how you go to the bathroom in

46

00:02:25,430 --> 00:02:23,760

space and so inside these walls you have

47

00:02:26,949 --> 00:02:25,440

pretty much everything you need when

48

00:02:29,270 --> 00:02:26,959

you're in the restroom we've got dry

49

00:02:32,070 --> 00:02:29,280

wipes and wet wipes and disinfectant

50

00:02:33,830 --> 00:02:32,080

wipes pretty much anything you need

51
00:02:36,790 --> 00:02:33,840
we also have something pretty special in

52
00:02:39,750 --> 00:02:36,800
the space station bathroom

53
00:02:42,309 --> 00:02:39,760
and that is protective gloves and safety

54
00:02:45,430 --> 00:02:42,319
goggles now the reason why we wear those

55
00:02:46,470 --> 00:02:45,440
is because behind these walls here

56
00:02:48,470 --> 00:02:46,480
are

57
00:02:51,190 --> 00:02:48,480
some very strong chemicals that treat

58
00:02:53,270 --> 00:02:51,200
our urine and help purify it to turn it

59
00:02:54,550 --> 00:02:53,280
into drinking water for us so it all

60
00:02:56,550 --> 00:02:54,560
comes out here it goes under those

61
00:02:59,110 --> 00:02:56,560
panels right there on the floor

62
00:02:59,990 --> 00:02:59,120
and becomes our drinking water days

63
00:03:02,470 --> 00:03:00,000

later

64

00:03:04,070 --> 00:03:02,480

it's it tastes great works well and that

65

00:03:05,670 --> 00:03:04,080

means we don't have to fly up water to