



SPACE TO GROUND

1
00:00:04,789 --> 00:00:03,030
houston station on space to ground

2
00:00:06,309 --> 00:00:04,799
welcome to space to ground your weekly

3
00:00:08,070 --> 00:00:06,319
look at what's happening on board the

4
00:00:10,390 --> 00:00:08,080
international space station i'm dan

5
00:00:12,230 --> 00:00:10,400
hewitt our bodies change a lot when we

6
00:00:14,950 --> 00:00:12,240
get to space and the brain is no

7
00:00:16,550 --> 00:00:14,960
exception a whole suite of experiments

8
00:00:18,790 --> 00:00:16,560
are taking place on board the space

9
00:00:21,109 --> 00:00:18,800
station studying everything from basic

10
00:00:23,429 --> 00:00:21,119
hand-eye coordination to astronauts mood

11
00:00:25,189 --> 00:00:23,439
and emotional changes and chell lingren

12
00:00:26,630 --> 00:00:25,199
let us know that it can take a while for

13
00:00:28,870 --> 00:00:26,640

the brain to get used to its new

14

00:00:31,750 --> 00:00:28,880

surroundings it takes about six weeks to

15

00:00:34,229 --> 00:00:31,760

really feel um like

16

00:00:36,310 --> 00:00:34,239

you're acclimated to moving around and

17

00:00:37,910 --> 00:00:36,320

just living in this environment and also

18

00:00:39,030 --> 00:00:37,920

to feel like you really kind of know

19

00:00:41,350 --> 00:00:39,040

what you're doing here on the space

20

00:00:43,110 --> 00:00:41,360

station on a daily basis

21

00:00:45,029 --> 00:00:43,120

and there are a million things that can

22

00:00:47,510 --> 00:00:45,039

affect an astronaut's mental abilities

23

00:00:49,270 --> 00:00:47,520

including getting a good night's sleep

24

00:00:51,029 --> 00:00:49,280

just like here on the ground working in

25

00:00:53,270 --> 00:00:51,039

space is a whole lot easier when you get

26
00:00:55,590 --> 00:00:53,280
enough shut eye so the onboard crew has

27
00:00:58,549 --> 00:00:55,600
been logging their rest experiences for

28
00:01:00,549 --> 00:00:58,559
the sleep iss 12 experiment it's

29
00:01:02,069 --> 00:01:00,559
studying how exposure to the space

30
00:01:04,310 --> 00:01:02,079
environment and different lighting

31
00:01:07,030 --> 00:01:04,320
conditions influence alertness and the

32
00:01:09,190 --> 00:01:07,040
quality of sleep this will help refine

33
00:01:10,710 --> 00:01:09,200
astronaut sleep setups for the future

34
00:01:12,710 --> 00:01:10,720
and could even help diagnose sleep

35
00:01:14,550 --> 00:01:12,720
disorders here on earth

36
00:01:16,310 --> 00:01:14,560
this week's question is from richard who

37
00:01:18,789 --> 00:01:16,320
wants to know why astronauts keep their

38
00:01:20,310 --> 00:01:18,799

arms folded when they're on camera well

39

00:01:22,710 --> 00:01:20,320

why don't we take that question to an

40

00:01:24,310 --> 00:01:22,720

expert scott kelly why do you keep your

41

00:01:25,109 --> 00:01:24,320

arms folded

42

00:01:26,789 --> 00:01:25,119

well

43

00:01:29,590 --> 00:01:26,799

it's interesting you know it's kind of

44

00:01:32,710 --> 00:01:29,600

awkward the position you you've your

45

00:01:34,310 --> 00:01:32,720

your natural like floating position

46

00:01:35,830 --> 00:01:34,320

it's i don't know it's sort of

47

00:01:38,789 --> 00:01:35,840

comfortable but it's awkward to have

48

00:01:41,590 --> 00:01:38,799

your arms out like this i think

49

00:01:44,310 --> 00:01:41,600

it's also a little chilly in here

50

00:01:46,230 --> 00:01:44,320

so it's kind of a combination of the two

51

00:01:48,230 --> 00:01:46,240

thanks scott and keep sending us your