ISS Crew Sleeping Bag / Pod  
  
[Astronaut Kjell Lindgren poses for a portrait inside a crew sleeping bag - NASA](https://www.nasa.gov/image-article/astronaut-kjell-lindgren-poses-portrait-inside-crew-sleeping-bag/)  
Astronaut Kjell Lindgren poses for a portrait inside a crew sleeping bag  
  
[20190027189.pdf](https://ntrs.nasa.gov/api/citations/20190027189/downloads/20190027189.pdf)  
Improvements to On-Orbit Sleeping Accommodations  
  
summary:  
Crew aboard the ISS use sleeping bags that are affixed to the walls inside sleep stations via mounting straps or fixtures, preventing the bag from drifting in microgravity. The bag offers a private sleeping environment, includes an interior liner, and may incorporate mild ventilation around the head area to circulate air. Its purpose is to provide a stable sleeping condition, prevent floating during sleep, and ensure a dedicated space with lighting and thermal control for rest.  
  
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