

Resources

1. Nutrients

Nutrients Information Link	https://www.nasa.gov/sites/default/files/space_nutrition_book.pdf
	https://www.nasa.gov/pdf/143163main_Space.Food.and.Nutrition.pdf
	https://www.nasa.gov/mission_pages/station/research/nutrition.html
	https://www.nasa.gov/sites/default/files/atoms/files/stemonstrations_nutrition.pdf
	https://www.nasa.gov/centers/johnson/pdf/669816main_Space%20Nutrition.pdf
	https://www.nasa.gov/audience/forstudents/postsecondary/features/F_Astronaut_Requirements.html
	https://www.nasa.gov/sites/default/files/human-adaptation-to-spaceflight-the-role-of-nutrition.pdf
	https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2077813/
	https://www.nasa.gov/audience/foreducators/stem-on-station/ditl_eating
	https://www.nasa.gov/audience/forstudents/k-4/more_to_explore/Space-Food.html
Exercise	https://github.com/suryakailash-risk/Mysleeptool
	https://nasa.tumblr.com/post/136706596374/exercising-in-space
	https://technology.nasa.gov/patent/MSC-TOPS-59
	https://data.nasa.gov/dataset/Crew-Health-And-Recreation-Gear-Exercise-Device/3x5u-9mst
	https://www.asc-csa.gc.ca/eng/astronauts/living-in-space/physical-activity-in-space.asp

Sleep

https://lsda.jsc.nasa.gov/Dataset/dataset_detail_result/3.1.1_2630758615

https://lsda.jsc.nasa.gov/Dataset/dataset_detail_result/J0001204

<https://data.nasa.gov/dataset/Wearable-Device-for-Objective-Sleep-Monitoring-Pha/jz83-ithk>

https://lsda.jsc.nasa.gov/Dataset/dataset_detail_result/J0001204

<https://catalog.data.gov/dataset/starwatch-to-deliver-objective-sleep-measures-for-spaceflight-operations-phase-ii>

https://www.nasa.gov/sites/default/files/thumbnails/image/sleep_schedule.jpg

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4636437/#:~:text=Several%20studies%20have%20found%20that,an%20important%20aspect%20of%20sleep.>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6092357/...>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5446217/>

https://spinoff.nasa.gov/Spinoff2015/hm_2.html

<https://clinicaltrials.gov/ct2/show/NCT03526575>

<https://data.nasa.gov/dataset/Operational-Ground-Testing-Protocol-to-Optimize-As/qb7i-xcux>

https://www.nasa.gov/mission_pages/station/research/astronauts_improve_sleep

<https://www.nasa.gov/feature/ames/nasa-research-reveals-biological-clock-misalignment-effects-on-sleep-for-astronauts>

<https://humanresearchroadmap.nasa.gov/tasks/task.aspx?i=2062>