

## Tips for Sleeping on Your Long Flight to Vietnam

- Whether you applied [visa to Vietnam](#) and purchased Vietnam airline tickets for a long-distance flight or you're simply taking a domestic flight, it is important to get a few hours' worth of sleep in order to avoid jet lag and feel at ease at your destination. This is why we've put together a few tips to help you sleep during your long flight.
- Relax: Flying can be a stressful activity, but it doesn't have to be. Forget about the work that you're behind on. Don't worry if you left the garage door open or not. You're on vacation, you're supposed to be having fun! It'll help you get some much-needed rest too.
- Wear Comfortable Clothes: Besides booking comfortable business class travel tickets, if you really want to get some sleep on the plane, don't wear your laced-up boots or tight pants on the plane. Take out your contacts, bring along a sleep mask, and take a much-deserved nap.
- Listen to Music: Try listening to some relaxing or familiar music to help drown out the sound of the plane's engines. Better yet, make a flying playlist of your favorite sleepy tunes!
- Have a Drink: If you're feeling stressed or anxious at all, feel free to order a drink to help soothe your nerves. You may even get a few hours' worth of sleep with a drink or two.
- You may be excited for your upcoming trip to Vietnam, but are you excited for the long, restless flight? Unless you book business class airline tickets, you may find yourself in a very uncomfortable situation before you even start your vacation! Luckily, we've included a few tips to help make your flight a bit more enjoyable.
- Reserve Your Seat in Advance: Planning for business class travel ahead of time will provide you with a comfortable seat during your trip, allowing you to easily lie back and relax before you arrive at your destination.
- Come Prepared for Sleep: It's usually a good idea to bring a pillow or headrest for your travels. Many airlines will provide blankets, but the pillows they offer are often stiff and uncomfortable. Try bringing along a sleeping mask as well to help you get some much-needed rest.
- Bring Some Entertainment! You may begin to feel restless and bored if you don't come prepared for a flight with electronics, books, or movies. If you're behind on work, now is the perfect time to bring your laptop and get caught up without any distractions. You can also listen to an album or two on your iPod, read up on a new book or magazine, or watch one of the in-flight movies that many airlines provide on longer trips.

Source: [getvietnamvisa.com](http://getvietnamvisa.com)