How Do Astronauts Live on the International Space Station?

Astronauts enjoy a unique experience, witnessing 16 sunrises and sunsets each day as the International Space Station orbits Earth.

Astronaut Duties

Astronauts conduct research and experiments and carry out ongoing maintenance aboard the space station.



Food

Astronauts eat ready-made and dehydrated meals and grow crops such as lettuce as part of space experiments.

Exercise

Astronauts exercise for two hours a day using special equipment to strengthen their bones and muscles.

Communication

Astronauts stay in touch with teams on Earth and their families through satellite-provided internet.



Social Life

Astronauts maintain regular social contact and celebrate occasions aboard the space station.

Sleep

Astronauts sleep in sleeping bags secured to the wall to keep them from floating while asleep.

World Space Week OCTOBER 4-10