
Laurence Vico

Université Jean Monnet

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In this concise and very general essay the authors argue for the incorporation of some elements of nature into the new space vehicles planned for future long spaceflights. These missions will take place in smaller habitats than in the current ISS, will have more complicated connections with the Earth. Therefore, astronauts will be subjected to more stressful conditions.

The authors propose to include audio-visual equipments that might help delivering a range of well-being outcomes. This is a low cost and easy implementable way that could provide reduced stress, improved cognitive ability, and enhanced happiness. This approach would certainly benefit from building on the experience gained in the ISS or in other space analogue models (confinement, bed rest…).

Also generating quantifiable nature-based health recommendation is a complex task and may depend on the history of each individuals, it seems to me useful to insist on this common sense recommendations.