How do you count sheep in the summer heat?  [1]

- I use curtains to block out the sunlight.  
  [ ] 6% (8 votes)
- I use a fan or turn down the thermostat.  
  [ ] 28% (40 votes)
- I switch out my warmer bedsheets for thinner ones.  
  [ ] 7% (10 votes)
- I pack away my flannel pajamas in favor of summer sleep duds.  
  [ ] 1% (2 votes)
- I hydrate with cold water before getting my zzzs.  
  [ ] 1% (1 vote)
- More than one of these!  
  [ ] 54% (78 votes)
- Something else!  
  [ ] 4% (6 votes)

Total votes: 145

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