How do you count sheep in the summer heat?

- 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
Go Ask Alice! is not an emergency or instant response service.

If you are in an urgent situation, please visit our Emergency page to view a list of 24 hour support services and hotlines.

Source URL: https://goaskalice.columbia.edu/polls/how-do-you-count-sheep-summer-heat-0

Links