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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Links