

# SUMMER LOVIN'

## SLEEP BETTER IN THE HEAT

It is not uncommon to have trouble sleeping in the summer due to the hot weather. Getting to sleep is just as challenging as staying asleep especially if we do not have air conditioning. Use these low-cost tips to have a good night's rest!



### How to Sleep Better During the Summer

#### Blow air over ice.

Put a bag of ice cubes in a large container and place a fan right in front of it to feel a cool breeze.

#### Freeze your sheets and pillow cases in a resealable bag.

The coolness provides initial relief from the heat.

#### Run cold water on your wrists.

The blood vessels are closer to the surface of your skin on your wrists.

#### Sleep on the lower floors.

Warm air rises, so it will be cooler on the lower levels of your home.

#### Drink a glass of water before you sleep.

Also keep one beside you on your bedside table.

#### Wear loose pajamas or sleep in the nude!

### Tips for Sleeping While Camping

- Pitch your tent underneath shade. Ideally, it should be shady in the morning, so you can sleep well.
- Pitch your tent in the direction of the wind so that the wind can help you cool down.
- Wear light-coloured clothing made of breathable fabric.
- Always have water within your reach.
- Remember to use sleeping bags that are not too thick.

### Best Sleeping Positions to Sleep on a Hot Night

#### Egyptian Method

Dampen a sheet or large bath towel and use it as a blanket. Remember to place a dry sheet or towel underneath your body to prevent water from soaking your mattress.

#### Spread Eagle Position

Have your arms and legs away from your body so heat does not gather in your limbs.



Sources: Alban, D. (2015). Too hot to sleep? 7 ways to cool down. Retrieved from [www.bebrainfit.com/7-cool-sleep-tips-for-hot-summernights/](http://www.bebrainfit.com/7-cool-sleep-tips-for-hot-summernights/)  
Breene, S. (2015). 24 Tricks to survive hot summer nights. Retrieved from [www.greatist.com/happiness/tricks-to-sleep-in-the-heat](http://www.greatist.com/happiness/tricks-to-sleep-in-the-heat)