



Tips for better summer sleep.

There's not much we can do about what's happening outside but making small adjustments to your home or bedroom could make a world of difference. If sweaty summer sleeping keeps you up at night, these tips can help you find cool relief—and, most importantly, some good ZZZs.



7–9 hours

Give yourself enough time for the recommended amount of sleep.



Rinse off

Take a shower to cool down and wash the day away.



65° F

Adjust your thermostat for the ideal sleep temp.



Chill out

Put ice packs or a bottle with cold water under your pillows.



Time to power down

Shut off electronics 2 hours before bedtime and give yourself time to relax.



No peeking

Wear a sleep mask or use black-out curtains to keep extra light out.



Easy, breezy fabrics

Swap sheets and PJs for lighter options like cotton or linen.