



# 16 TIPS TO HELP YOU SLEEP IN THE SUMMERTIME

IT'S GETTING  
HOT!

## Before going to bed

Have a cool or luke warm shower or bath before bedtime, this will help cool the body and help reduce the temperature of the skin.

Soak your feet in cold water for 10 minutes, as heat is quickly lost through your feet.

Apply cool flannels to armpits and groin areas for short periods, this is where blood flows close to the skin helping you cool down.

Apply wristbands soaked in water, or better still place damp wristbands in the freezer before use.

## Things to avoid

Avoid exercise close to bedtime, as this will increase your bodys internal core temperature. If you do exercise then make sure it is several hours before bedtime, so your body has time to cool down.

Avoid hot or spicy foods/meals near bedtime.

Avoid Chocolate or caffeinated drinks (tea, coffee, and energy drinks) in the late afternoon, as these will keep you awake.

## Improving your sleep environment

Remove winter bedding and opt for lightweight cotton blankets, sleep with one sheet over you.

If your pet sleeps with you and 'warms up' the bed, it maybe time to find another place for them to sleep.

Use fans in an adequately ventilated area, and ensure the fans blades are dust free so they operate more efficiently. Also open the door so air can flow through your bedroom.

Keep your bedroom as cool as possible by drawing the curtains or shades during the hottest part of the day.

Place a tray of ice in front of the fan will cool the air being blown round the room.

## Getting a good night sleep

Keep hydrated through the day, drink plenty of water. Dehydration is a common cause of not being able to sleep (insomnia).

Flipping your pillow over to the other side can help if you wake up hot.

If you have a sheet over you, try leaving your feet out of the sheet as your feet will dissipate heat quickly.

Keep a water spray mister on your bedroom cabinet, so if you do wake up feeling hot a fine mist can be cooling on your face.

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