If you struggle when it's hot, chances are that you struggle the most when in bed trying to sleep. Our house is baking hot upstairs when it's hot. It's the double edged sword of having the house well insulated. It keeps the heat in, in the winter, but it also won't let the heat out in the summer! It was so hot one summer that we resorted to jumping in a cold shower before bed, and then jumping in bed soaking wet in the hope we would fall asleep before all the water evaporated...

For many people air conditioning is the answer, but for those of us without A/C, we have to be a bit more creative trying to remain cool. Below is a post with 24 excellent tips and tricks to help you stay cool this summer and get some sleep.

24 Tricks To Sleep & Keep Cool In The Heat

(Image from: Greatist)