



BETTER SLEEP DURING YOUR SUMMER ROAD TRIP

Here are some tips to help you get more restful sleep when you're on the road!

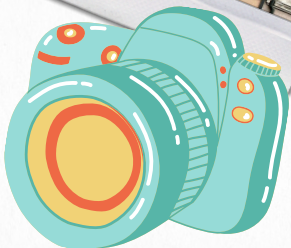
Pack earplugs and a sleep mask. These can save your night when sharing a room, cabin or tent!

Always use the **Do Not Disturb** sign!

Set the thermostat to an overnight temperature of 17-22°C.

Use some towels to block light at the bottom of the door and to double up on thin curtains.

If you have the space, bring your own pillow.



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SOURCES:

[HTTPS://SLEEPANDDREAMS.COM/?P=4790](https://sleepanddreams.com/?P=4790)

[HTTPS://SLEEPANDDREAMS.COM/?P=5654](https://sleepanddreams.com/?P=5654)