



# SLEEP

Good quality, restful sleep is **essential** for all dogs.  
A lack of sleep can result in a range of problems for your dog.

## HOW MUCH SLEEP SHOULD MY DOG GET EACH DAY?



### Puppies

16-20 hours in a 24-hour period.

### Adult dogs

14 hours in a 24-hour period.

### Seniors

May need extra sleep.

## DOGS SLEEP MULTIPLE TIMES PER DAY, NOT ALL IN ONE GO:

- Dogs will have a long sleep overnight and then take a series of shorter naps during the day (making up to 6 hours' worth of extra sleep!).
- Each dog will differ in the amount of sleep they need.
- Pay attention to how much sleep your dog needs by watching: **when, where** and **for how long** your dog prefers to sleep each day.

## HELP THEM GET THE SLEEP THEY NEED. YOU CAN DO THIS BY:

**1** Giving your dog time and space for a nap in the middle of the day.

**2** Making sure dog's beds are in quiet places with minimal noise and foot traffic that might wake them up.

**3** Making your daily routine the same every day, with time set aside specifically for sleeping:

- Before sleep time, take your dog out to the toilet.
- Give them an item to chew on or lick when they are due to rest. Licking and chewing helps them wind down before a sleep.



**4** Provide a variety of beds in different areas around your home so your dog can choose where they want to sleep. Put beds in quiet areas and in areas near the family. The types of beds you provide should include:



Beds that allow them to stretch out or curl up.



Beds suitable for warm weather and for when it's cold.



Beds that are uncovered and out in the open and beds that are covered; like a hidey-hole bed.



Thick, padded beds for older dogs or dogs with joint pain.

## HOW TO ENCOURAGE GOOD SLEEP

- Do activities in the morning and again in the evening before bed. This helps your dog develop a healthy sleep schedule.
- Activities don't always need to be exercise.
- Choose activities that help them relax, like:
  - Going on a 'sniff-a-thon':
    - This is a shorter, slower walk around the block where you take extra time to let your dog sniff everything they want rather than going on a walk for exercise.
    - Sniffing is really relaxing for your dog.
  - Set up a treasure hunt:
    - You can hide treats in snuffle mats, in the grass, pot plants or behind/ under items around your home.
  - Giving them a frozen feeder toy, lickmat or a chew that they like.



## PHYSICAL BENEFITS OF SLEEP

- More energy during the day.
- Supports immune function so they are less likely to get sick.
- Allows body systems to rest and recover (like their heart and muscles).



## EMOTIONAL BENEFITS OF SLEEP

- Improved focus.
- Better ability to cope with stress.
- Allows the brain to process learning and memories.
- Reduces anxiety, irritability and depression.

**Make sleep a priority for your dog.**

**A well-rested dog is a happier, healthier companion to live with.**