

## How to have the perfect night's sleep with a puppy

You have just brought a new puppy home, you're excited for what the future holds for the two of you and puppy has just slept perfectly through that first night in the laundry or another room. You are off to a fantastic start, but then the second night comes and puppy is crying, howling or extremely unsettled and it feels like your dream puppy has just turned into your worst nightmare – AND it seems to be getting worse not better as each night goes on.



The great news is that you can turn this around very quickly and have your puppy sleeping the night through in no time at all. Getting your puppy started off right and creating great sleeping habits at bedtime is not only easy but vital for both of you. As any new parents will tell you, the first few weeks, months or even years with a human baby can be quite exhausting and new parents survive on very little sleep until baby is sleeping through the night. As new puppy guardians that timeline is dramatically shortened as our puppies quickly move through the different developmental stages and in just short 9 months you have an adolescent dog – the equivalent of a teenager - while the human parents have a baby just starting to crawl. Sounds great, but while you're trying to get that puppy to sleep through the night you certainly don't feel like the lucky ones. So let's get you started the right way and you'll have puppy sleeping through the night in no time



Regardless of where your puppy has been sleeping to date, you can make these changes today and have a far better night's sleep. Vitally, you need to think about what the puppy needs in this moment. Puppy has come from their safe, secure family – her mother, puppy brothers and sisters and everything that she has ever known since she was born. Without human intervention, puppies would stay with their dog family until they were at least 12 to 18 months old before they might think about dispersing and starting their own family. So when we take a puppy home at eight weeks, we are taking home a little baby who is totally dependent on her new family for safety, security and emotional support. It is now up to us to provide all

of those needs as well as continue her learning so that she can be a successful, calm and well-adjusted adult dog. The best way to provide your puppy the safety, security, comfort and emotional support needs is to have her sleep in your room at night, close by your bed so that at any time she wakes up, she knows that she is still within the safety and comfort of her new guardian, her new family.

### Creating the perfect sleep environment

Helping puppies sleep through the night and getting a good night's sleep starts way before bedtime. Follow these easy steps to get your bedtime routine started today.

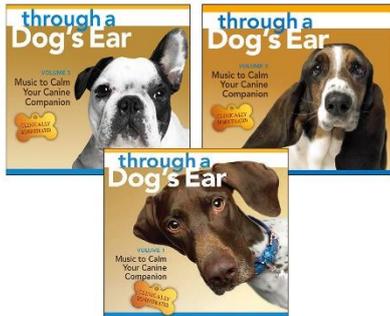
**1. Essential for a good night's sleep is a puppy that has had sufficient mental and physical stimulation** during the daytime and particularly during the late afternoon/early evening, so that by bedtime he is feeling naturally calm and rested. Throughout the day, provide him with food dispensing enrichment items, spend quality time interacting with him using toy play, walking, sniffing and training. Get him into a good quality puppy class where you both will be learning all of the vital things that he and you need to know.



**2. Feed a high quality nutritionally complete diet** so that she is getting everything she needs while leaving her feeling satisfied and not hungry before bed. We recommend a biologically appropriate raw diet for health and longevity. Try Big Dog Barf, Lyka or Organic Paws.

**3. Pop an Adaptil collar on your pup** for at least the first 1 – 2 months after coming to your home. Adaptil is a synthetic version of the pheromone (called Dog Appeasing Pheromone) that a mother produces to help soothe her puppies and reduce stress. We also recommend a couple of sprays of Adaptil spray on bedding and an Adaptil diffuser in the bedroom overnight to really enhance that calm bedtime environment.

**4. Get a copy of Through A Dog's Ear music** to create the perfect relaxing environment for a good night's sleep. This music uses a single instrument and is specifically designed to reduce stress and create relaxation by calming the nervous system and in turn brain waves, heart rate and breathing changes (the technical term for this type of music is psychoacoustic). When your puppy is resting during the day, play Through A Dog's Ear so that sleep and relaxation is associated with the music. You will need to do this at least 4 – 6 times



before the relaxing association has formed. Play the music whenever puppy rests over the next few days and in the evening when puppy has settled. You will now play the music every night at bedtime for at least the first few weeks until puppy has the bed time routine down pat. Set the player to turn off after 1 – 2 hours. The great news is that it works equally as well for humans as it does for dogs so your sleep and relaxation should improve as well. Use the music throughout the day and during your home alone program to keep your puppy as stress free as possible.

**5. Toilet puppy just before going to bed.** Read over and follow the **Toilet Training in 5 Easy Steps** handout to toilet train your puppy in the shortest possible time while also teaching her a cue to tell her to empty her bladder and bowels when you need her to. Take puppy out to the toilet directly before going to bed so that she has a greater chance of sleeping the night through. Young puppies under 16 – 20 weeks cannot hold their bladders all night so plan to be woken at least once per night for those first few months to toilet her at night.

**6. Set up your puppy's comfy bed next to your bed.** This is the best way to get puppy to sleep through the night. Place his bed right next to where you sleep so you can drape your hand down and soothe him anytime he stirs. To prevent him wandering off during the night, place a baby gate in your door way to restrict his movement or set up a puppy pen next to your bed. Note, if you have carpet, place a sheet of lino under the pen in case of an overnight accident. You can also crate train your pup if you wish – although the baby gate and puppy pen work perfectly and are my preference. By placing his comfy bed close to you, you can touch him during the night if he needs to know where you are. You can even place clothing you have worn on his bed to surround him in your scent.



**7. Set up your bedtime routine and stick to it.** Consistency is vital when setting your bedtime routine. Now we have all the pieces in place if you have followed the steps outlined in this guide. Puppy has had an active day, engaged in play, a walk with lots of sniffing, some training and had a nutritionally complete meal in the evening. It is time now to turn off the TV, the computer or the phone and head off to bed. Turn on Through A Dog's Ear – set it to turn off in 1 – 2 hours, spray ADAPTIL on her bed, take her out to the toilet – keep things calm and boring while you wait for her to go – and then head into bed. Place puppy in her bed, give her a bedtime cue e.g. 'night-night puppy' to signal that it is time to sleep. Turn off all lights. If needed, drape your hand down to gently soothe her while she drifts off to sleep. She may be a little unsettled initially so just keep your eyes closed and pretend to be asleep and she will settle. Now repeat this routine every night. You may even find over the coming weeks that she takes herself off to bed because of the great bedtime routine you created. The perfect sleeping puppy!