

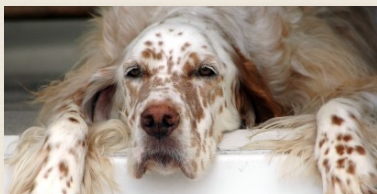
DID YOU KNOW?



☹️ The dog does not sleep in one go, it makes several series of short naps throughout the day and night, he adaptes his schedule to be awake when there is something to do, and rest the rest of the time.

☹️ The dog, like humans, has a deep sleep cycle and a REM cycle.

☹️ Dogs sleep between 16 and 18 hours per day (up to 20h for puppies). This can vary according to age, size (large breeds tend to sleep a lot), fitness and activity levels.



THE IMPORTANCE OF SLEEP



-Sleep is restorative, it is essential for the dog

-Lack of sleep makes dogs stressed, fearful, irritable ... and impairs their ability to learn. It also causes health problems.



<http://www.toutpourmonchien.fr>

WHERE DOES DOGGY SLEEP?



Dogs have long come inside our homes. But you always wonder about his sleeping place?

Come learn more, and it's **your** dog that will give you **his** response.



SEVERAL FACTORS CAN IMPACT THE QUALITY AND DURATION OF SLEEP:

- stress
- lack of physical activities
- lack of mental activity
- noise and hyper-stimulation
- diet
- health problems, pain

« BUT I WAS TOLD... »

Well not the dog does not climb on the bed or the couch to dominate the world. It's just a comfortable place where he feels safe and can potentially share with you.



There is no inter-species dominance, so forget about notions of hierarchy and dominance between dog and man.

We suggest some references on the subject : Barry EATON, Adam MIKLOSI, Ian DUNBAR, David MECH etc.

WHAT REALLY MATTERS FOR MY DOG?

Choose where :



The dog often changes place to sleep. He will have his preferences but certainly will alternate. And sometimes, despite all he has available, he will choose unusual places. This may for example depend if looking for warmth or coolness.

The dog also likes to sleep in height if given the chance.



Choose how :



The dog should move during sleep to curl like to stretch out full length, if he has not the capacity, his sleep will not quality.

Social contact :



The dog is a social animal. He needs contact with conspecifics or other species like humans, cats etc. Social isolation would be detrimental to his welfare and development.

Comfort and safety :



The dog needs a place where he feels safe. Consider also to propose him comfortable beds.

**BUT MOST
IMPORTANT:**

**LET HIM
CHOOSE!**

