



Puppy Bedtime Routine

Suggestions for helping your puppy by creating a bedtime routine

- ☐ Stick to a bedtime routine so they know what to expect when – have a wind down routine.
- ☐ Pups that go to bed at 7pm are unlikely to make it through the night.
- ☐ They are not likely to sleep through the night if they have slept all day – ensure they are being trained and exercised enough throughout the day but still allow for plenty of rest. Find the balance. Too much can overstimulate them.
- ☐ Not too close to bedtime, train with them and play some games that involve them using up some energy and allowing for light mental stimulation.
- ☐ Review the toileting schedule to make sure they have toileted before bedtime.
- ☐ Add a source of warmth (warm not hot) – be careful of puppies who chew through anything. Wheat or barley bags are safest.
- ☐ Ensure the pup can get cool. Some pups run hot.
- ☐ Create a surrogate sibling using a soft toy (sometimes with a heartbeat) – again if this has batteries be mindful of dogs who chew through anything.
- ☐ Cover the crate so one end is dark.
- ☐ Add an old t-shirt that has been worn by a family member.
- ☐ Smells that soothe dogs – vanilla, ginger, coconut, and valerian
- ☐ Adaptil spray
- ☐ Leave a night light on
- ☐ Play some sleepy classical music on low volume.
- ☐ Controlled crying is not recommended for children or dogs. You can comfort a restless or distressed dog and try to resettle them if they have been out to the toilet. Keep everything low key, calm and quiet.

<https://youtu.be/20kZEOVIxEk> - pen or crate training – Nando Brown.

<https://youtu.be/P8yc5Y9HGY4> - crate training by Kiko Pup – Emily Larlham

<https://youtu.be/GNHymGsZ5QE> - be calm in a pen by Kiko Pup – Emily Larlham

For more information see our hand out on Crate Training