

Puppy Love

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Sweet Dreams

That's right, its official! The Mayo Clinic has concluded from their research that it is okay to sleep with your dog. In fact, it is better than okay, the research actually shows there are many benefits for sleeping with your dog. The researchers found that having a dog in the bedroom did not compromise sleep quality. People with dogs in their room maintained 83% sleep efficiency and people with a dog in their bed had slightly lower sleep efficiency of around 80%. It is generally accepted that 80% sleep efficiency is considered satisfactory. *Human Nature* published a study validating many physical and mental health advantages of sleeping with a dog: co-sleeping provides companionship and comfort, and can ease anxiety and provide a feeling of safety and security. A study by American Pet Products Association found that nearly half of dogs sleep in their pet parent's bed, with the rate being 62% for small dogs. AKC supports dogs sleeping with their pet parents stating: for a well-adjusted, well-behaving dog, it's quite unlikely sleeping in your bed or bedroom will do anything except delight your dog, comfort you, and enhance the dog-pet parent bond. Dr. Derek Damin, an allergy specialist, says the majority of his patients won't kick Fido out of their bed and instead opt to take allergy shots to build up their tolerance to pet dander. The CDC reports contracting a disease from your dog sleeping with you would be quite rare.



Arrian of Nicomedia
Ancient Greek Historian
wrote *Cynegeticus*, a treatise on
hunting over 2000 years ago.

"There is nothing like a soft warm bed for greyhounds; but it is best for them to sleep with men — as they become thereby affectionately attached — pleased with the contact of the human body."



The Insomnia Battle

WEBMD reports that many people with insomnia sleep better with their dog. Candace Hunziker of Kennesaw, Georgia says that's exactly why she sleeps with her Labrador retriever. "She sleeps against me and she has very rhythmic breathing and it just puts me out," Hunziker says. "I have insomnia, my whole family does, and we all sleep with dogs. She puts me to sleep better than an Ambien."

EIGHT REASONS WHY DOGS SHOULD SLEEP ON OUR BEDS

