PUPPY SLEEP NEEDS

Rest today for a calmer, happier tomorrow.

Sleep is essential for your puppy's physical health, brain development and emotional well-being. Puppies need a lot more sleep than adult dogs – and it's up to us to help them get it.

HOW MUCH SLEEP?

A general guide per 24 hours:

3–4 months	18–20 hours
4–6 months	16–18 hours
6–12 months	14–16 hours

These are guides, not quotas.
Individual puppies may need a little more or less sleep.

PUPPIES DON'T ALWAYS SLEEP ON THEIR OWN

Like a young child, puppies will not always choose to go to sleep when they are tired.

It's up to us to recognise the signs that they need rest and help them settle.

AWAKE TIME

Young puppies often cope best with relatively short awake periods, commonly around 1–2 hours at a time.

As puppies mature, they can generally remain awake for longer.

During awake periods, make sure their needs are met through toileting, food, play, movement, enrichment, mental stimulation and connection.

CREATE A SLEEP SPACE

When it's time to sleep, place your puppy in their sleep space, e.g. a crate, just as a baby is placed in a cot.

This creates a clear sleep association, gives them a safe and uninterrupted place to rest, and supports toilet training.

DON'T WAIT FOR A CRASH

Don't wait for your puppy to completely crash. An overtired puppy may find it harder to settle and can become more excitable, mouthy, frustrated or unable to focus.

Helping them rest before they reach this point makes settling easier and supports healthy sleep habits.

SIGNS YOUR PUPPY MAY NEED A NAP

- Zoomies or frantic behaviour
- Increased biting or mouthing
- Struggling to focus
- Becoming easily frustrated
- Unable to settle
- Seemingly "naughty" or wild
- Rubbing eyes, yawning or showing other tired signs

Well-rested puppies learn better, cope with the world more easily and grow into happier, more confident dogs.

