Why Is Rest Important?

Dogs should be resting 12-14 hours a day.
Puppies, seniors and unwell dogs need more!
Just like us dogs can get cranky if
they are not getting enough rest!

CONSTRUCTIVE CANINES

Signs your dog is not getting enough rest:

- Unwanted and unpredictable behaviours
- Lower tolerance and increased irritability
- Illness and itchiness

How to encourage your dog to rest:

- Comfy places to sleep
- Minimal disturbances in a quiet and peaceful area
- Calm chewing and licking
- Teach them a calming behaviour such as boundary or crate work
- Natural remedies and veterinary medicines may be required for some dogs

A well-rested dog has:

- An improved learning ability
- Higher tolerance levels
- Better brain development
- A calmer demeanour

Teaching your dog to nothing and just relax is very important!