



Helping your puppy sleep

Bringing a new puppy into your home is an adventure filled with joy, challenges, and the important responsibility of guiding their development. One of the most crucial yet often overlooked aspects of a puppy's early life is their sleep. Adequate rest is essential for their physical growth, mental health, and behaviour. This guide offers practical ways to make room for rest and help your puppy settle at home.

Why Sleep Matters for Your Puppy

Puppies spend much of the day sleeping, with naps between meals, toilet breaks and short activities. Sleep needs vary with age, health and the individual puppy. Make regular room for undisturbed rest rather than treating a particular number of hours as a target every puppy must meet.

The Risks of Skimping on Sleep

If your puppy becomes increasingly frantic or mouthy, pause and consider whether they need a toilet break, a quieter environment or rest. More exercise is not automatically the answer. A change in behaviour can also have other causes, including discomfort or illness, so do not assume sleep explains every problem.

How to Ensure Your Puppy Gets Enough Sleep

Creating a conducive sleep environment and routine for your puppy doesn't have to be complicated. Here are some tips to help your puppy get the rest they need:

- **Create a Comfortable Sleep Space:** A quiet, cosy bed in a draught-free area helps your puppy relax and feel secure.
- **Stick to a Routine:** Consistent sleep and wake times regulate your puppy's body clock, making it easier for them to settle down and wake up naturally.
- **Watch for Sleep Cues:** Yawning, decreased activity, and looking for their bed are signs that your puppy is ready for a nap. Encouraging them to rest at these times helps prevent overtiredness.
- **Balance Play and Rest:** Ensure your puppy has a mix of play, training, and quiet time. Puppies, like children, need a balance of stimulation and rest.

Partnering with You for a Happy, Healthy Puppy

At Jordan Dog Training, we're dedicated to supporting Australian families in raising well-adjusted, healthy pets. Our Puppy School and Puppy Setup sessions can help you organise everyday routines, including activity, toilet breaks and a comfortable resting area. We understand that each puppy is unique, and we're here to provide tailored guidance to meet your puppy's specific needs.

Ensuring your puppy gets sufficient sleep is just the beginning. With the right approach and support, you can nurture a loving, lifelong bond with your new companion. For more advice on puppy care, behaviour, and training, the team at Jordan Dog Training is here to help. We can help you find a routine that suits your puppy and household.

A camera may help you see whether your puppy is resting comfortably or needs assistance, including in lower light. Our [independent information article on Furbo pet cameras](#) discusses night vision, audio and monitoring limits. Watching remotely does not replace responding to your puppy's needs.

Night waking and crying

A young puppy may need toilet breaks overnight. Keep their sleeping area close enough that you can notice when they need help, and keep toilet trips calm before settling them again. Do not restrict drinking water as a shortcut to an uninterrupted night.

If your puppy cries, check their needs and help them feel safe. A crate is optional and needs a gradual, positive introduction. It does not suit every dog. A comfortable pen or puppy-proofed area may work better. Do not leave a panicking puppy confined until they stop through exhaustion.

Speak with your vet about a sudden change in sleeping, unusual lethargy, pain, repeated vomiting or difficulty settling. Contact an emergency vet promptly if your puppy is struggling to breathe, collapses or is seriously unwell.

For practical next steps, see our [puppy home guide](#), [puppy toilet training guide](#) and [Puppy Setup sessions](#).

Further reading: [RSPCA Australia: bringing home a new puppy](#). Health concerns and persistent distress need individual veterinary advice.