

The Sleeping Habits of Dogs



TOPDOG Comfit

Support, Comfort & Wellbeing

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About TOPDOG Comfit

TOPDOG Comfit was established in 2013 and is based in Brisbane, Australia. It is our goal to improve the **quality of life** for the family dog by providing an orthopedic dog bed that supports the pressure points and targets the problem areas for dogs that suffer from:

- canine arthritis;
- joint or muscle pain;
- hip dysplasia;
- restricted movement;
- post-operative surgery; or
- has a thin and bony frame



Due to the lack of true orthopedic dog beds, TOPDOG Comfit has worked towards developing a **comfortable** and **supportive** dog bed that targets the pressure points, providing **pain relief** and **support** for your family dog during its sleeping hours.

It was determined that a high density 4lb/ft³ or equivalent 64kg/m³ memory foam topper bonded together with a furniture grade support foam would provide the **best support** and would **not bottom out** under a dog's weight.

To blend in with the family home environment, a plush micro suede cover is included. At TOPDOG Comfit we found most covers tend to grab the hair, **not so** with the micro suede fabric, this fabric allows the dog hair to be easily brushed off. For those dogs that suffer from incontinence, a removeable, washable, water resistant liner is also included.

Dog Sleep Patterns

In the past, dog beds were often seen as a luxury for spoiled pets. However, with the improvements in veterinary care leading to longer lives, beds are also becoming more important to maintaining health and comfort for aging and ill pets. A good quality bed has benefits for younger dogs as well, specifically as a preventative measure for their health.

All dogs sleep a lot and take regular naps. The dog's sleep behaviour depends on the age, breed and personality of the dog. However, on average a dog will sleep 14 hours a day.

The first phase is known as the non-rapid eye movement (NREM) phase and has 3 stages.

The 3 stages of the NREM phase are N1, N2, and N3.

- N1 is the first stage of NREM and is a transition to unconsciousness; the dog loses control over his muscles but you may notice some movement in the limbs.
- N2 is a stage characterized by sleep spindles; there is some brain activity involved, but the dog is very calm during the N2 stage. N2 is the lengthiest sleep stage, lasting for up to 45% of the total sleeping time.
- N3 is also known as the slow wave stage. During the slow wave the dog has a decreased heart rate, lower blood pressure, decreased body temperature and breathes slowly. During this phase, the dog sleeps deeply and he does not react to noises or other disruptions even if they are loud.

The slow wave phase lasts for 10 to 15 minutes and is followed by the rapid eye movement phase (REM). This is an active phase and the dog seems more agitated during the sleep. You may notice his eyes rolling and the dog may even whine or bark and move his limbs. There is brain activity during the REM phase and there are certain theories according to which dogs have dreams. The REM phase lasts for 10 to 15% of the total sleeping time. Puppies will spend more time in the REM phase.¹

In many ways, the sleep patterns of dogs are very similar to those of people. The young sleep frequently and very soundly graduating to sleeping through the night for most of their adult life. As seniors, sleep patterns become more erratic and discomfort caused by arthritic joints and normal symptoms of age such as mild dementia tend to lead to more wandering in the night and shorter rest periods. Increasing the comfort of the bed on which the dog sleeps can give them a better night's rest, provide support to the pressure points and prevent less wandering, leading to a happier animal.

Benefits of Dog Beds

Dog beds provide a number of health and comfort benefits to your pet. Having their own spot gives a dog a place to retire to when they wish to be alone or take a break from a busy household. It is important that the rest of the household, including children, respect the dog bed as your dog's "room" and leave your dog alone when they choose to retire there.

Beds also provide an insulating barrier between the floor and your pet, protecting them from temperature changes, debris that may be on the floor, and items on the floor that he/she may hit if they move during their sleep while dreaming.

In senior dogs and animals afflicted with arthritis and other joint disorders, pain is a frequent cause of night wandering. A memory foam bed with a support foam base will help reduce the pressure in sore joints, making it easier for your pet to get a good rest.

¹ <http://www.vetinfo.com/dog-sleep-patterns.htm>

Should your senior dog suffer from bladder incontinence when they sleep, a waterproof liner covering the memory foam will stop any further leakage to the memory foam.

With the increasing popularity of tile floors, the benefits of a dog bed become even more important as there is no carpet to provide any insulation from cold or hot floors. Anyone who has ever suffered from an illness that interferes with sleep knows how very cranky you feel when you don't get enough rest or your sleep is disturbed by pain and discomfort. As caring pet owners, it is just as important to ensure that your pet gets a good night's rest so that you and your pet can enjoy the day together.

Understanding Bed Requirements for Pet Dogs

There are a number of factors to consider when choosing a bed for your dog, among them the age, size, health, and personality of your pet. Just as humans have preferences when it comes to the beds we sleep in, dogs also have specific needs when it comes to sleeping comfortably. A pet that experiences pain will tend to sleep in a straighter position compared with a dog that has no joint pain which may like to curl up.

Consider Your Dog's Age

First of all, you need to consider the age of your dog. A puppy and an elderly dog are generally more susceptible to heavy flea infestations. Their immobility makes them conveniently available to fleas. These dogs should have bed covers that are removable and washable and liners that can be washed.

Consider Your Dog's Size

You also need to choose the correct bed size. Arthritis affects one in every five adult dogs in Australia and is one of the most common sources of chronic pain in older dogs. Arthritic dogs tend to sleep straighter and seldom curl up to sleep because their joints are sore. The best way to determine bed size is to measure your dog while they are in their normal sleep position.

Encouraging Your Dog to Use a New Bed

Choose a time to introduce your dog to the new bed when you can spend some time on the process. Place the bed close to you. You should be able to reach down and touch the dog. If your dog leaves the bed, pick up your dog (or lead it if too heavy to carry) and place the dog back in the bed. Pet the dog and give it some loving. Repeat this process as many times as necessary.

You might also try putting the bed in your dog's favorite sleep location. For instance, if your dog likes lying in the morning sun in front of a window, place the bed there.

If your dog follows you from room to room, move the bed when you leave a room and go to another. Eventually, you may wish to purchase more than one bed. That way you can have a bed in more than one room.

Another method to encourage your dog to use a new bed is to make the bed a pleasant place to be. Try putting the dog's favorite toy in the bed. Alternatively, try feeding them their favorite doggy treat when they first get into the bed.

Your dog will be happier and healthier if given an appropriate place to sleep. When we create a healthy, happy environment for our pets, we feel a sense of satisfaction as we not only play together, but share a pleasant rest time and a good night's sleep.

5 reasons why the TOPDOG Comfit Orthopedic beds will assist your dog:

1. Relieves pain to the pressure points.
2. Moulds to the body shape providing a better sleep for dogs that suffer from:
 - Canine Arthritis
 - Joint Stiffness
 - Bony Frames
 - Hip Dysplasia
 - Restricted Movement
 - Post-Operative Care
3. Water Resistant breathable liner.
4. Non Toxic Foam Certified Free of Formaldehydes, PVC, BPA and Phthalates.
5. Lasts for years, no more buying bed after bed!