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Sleeping in Bed With Your Dog: The Essential Guide

by Caitlin Ultimo

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Our dogs make for some of the cutest of faces to wake up to, but that doesn't mean that sharing a bed will always lead to a good night's sleep—for you that is. If you and your dog turn-in together you



surely have found yourself in a few not-so-comfortable positions. Alas, their adorable snoozing keeps you from disturbing their peaceful slumber.

Here are a few nighttime spots your pet loves and some ideas for making it less of a pain in the neck, back, arm, and...well you get the picture.

Position 1: The Butterfly

How it looks: When your dog cuddles up in between your legs, forcing your muscles to stretch.

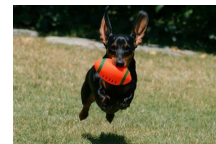
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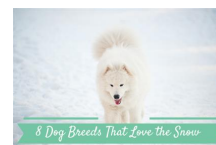
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Learning to sleep with it: Your pet is helping you gain a little flexibility. Night after night you'll feel a bit looser, adapting to his sweet spot.

Position 2: Night Cap

How it looks: We're not talking about a late night cocktail; a favorite position of the smaller set, the night cap is when your dog decides that your head looks like the perfect spot to fall asleep.

Learning to sleep with it: Sleeping face-up is good for your back and neck, so embrace the spot. Your pet just has your best interest at heart.

Position 3: Middle Man

How it looks: You know, those times when your pet decides he is going to do like the humans do, and sleep head on pillow and paws over blanket right in between you and your partner.

Learning to sleep with it: Stay on your side and sleep as you like, just don't roll over into his zone.

Position 4: Lap Dog

How it looks: Your dog laid out straight or cuddled up in a ball on top of your stomach.

Learning to Sleep with it: Dogs of all sizes can be lap dogs in bed, so if your dog is on the larger-side, sorry, there's not much you can do to make yourself more comfortable. If he is small then you may be able to prop your back up a bit on your pillow taking pressure off your lower back, just don't shift around too much.

Position 5: Chin Up

How it looks: When your dog keeps his head up at all costs, whether that means your ankle, leg, knee, wrist or elbow acts as a pillow for his chin.

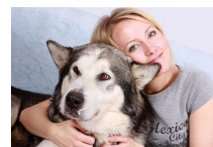
Learning to sleep with it: While the limb of his choosing must stay still, you can contort the rest of your body until you find a good spot to rest.

Position 6: The Spoon

How it looks: Your dog's back is flush to your stomach (he's the little spoon) or your back is flush to his stomach (he's the big spoon).

Learning to sleep with it: Rubbing his tummy or back for a bit will let him know you're near. Because he's not physically preventing you from moving you can eventually roll over to your side of choice... just don't be surprised if he finds his way back to your side.

the Snow



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by **Rebecca**
42 Replies | 0 Paws Up



Our Kitties are Missing their Fur Daddy

by **troublesniffer**
1 Replies | 1 Paws Up

Position 7: Face to Face

How it looks: Face to face; nose to nose; paws to hands.

Learning to sleep with it: If your dog is a snorer, I'd suggest getting earplugs.

Position 8: Parrot Style

How it looks: When your pet pops a squat on your shoulder.

Learning to sleep with it: Snuggling your chin into his side can make for a warm soft pillow.

Position 9: Master of the Bed

How it looks: When you and your pet start out in your own spots, but you wake up in the middle of the night practically hanging off the side of the bed.

Learning to sleep with it: To scooch or not to scooch -- that is the question. The answer: Well, it depends on how comfortable you find your bedroom floor.

Position 10: The Burrito

How it looks: Your dog is rolled up tight hogging all of the blankets.

Learning to sleep with it: Leave a spare blanket on the side of the bed, just within reach.

Position 11: Bridging the Gap

How it looks: When your dog stretches himself out over your legs and your partner's legs

Learning to sleep with it: Your dog just wants to be sure he can keep tabs on you both throughout the night, take comfort in the fact that your dog has your back—*um...* or calves.

Position 12: Foot Warmer

How it looks: Your dog lies across your feet at the foot of the bed.

Learning to sleep with it: Again, your dog is really just thinking of you, he doesn't want your feet to get cold! So let him do his job and try not to kick your legs while you sleep.

At the end of the day, whether you find yourself with one dog in bed with you or a few, you may just want to go to sleep with this motto in mind: If they're comfortable; you're comfortable.

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