Night, night, sleep tight.

Puppies sleep a lot (around 18 to 20 hours a day), and good sleep makes for a calmer, happier puppy. A steady routine helps them settle, and helps you get some rest too.



1 Make a cosy den

A bed or crate in a quiet corner gives them a safe place to rest. Add a soft blanket and something that smells of home.

2 Crate training, step by step

Crates are optional, but they can help. Feed meals and treats inside with the door open, then close it for a few seconds while you're close by, building up slowly. Never use it as a punishment.

3 Keep them close at first

Lots of puppies settle better with their bed near you for the first few nights. You can move it bit by bit to where you'd like them to sleep.

4 Bedtime routine

A last trip outside, a calm cuddle and lights out at the same time each night helps them know what's coming.

5 Early riser?

Make 5am boring: a quiet toilet trip, straight back to bed, no play and no breakfast yet. Moving their last meal a little later (with time for a wee before bed) can help too.

6 Nap time is a must

Overtired puppies get bitey and wild. Pop them in their bed for a nap after play or a walk, even if they grumble a bit.

7 Alone time starts small

Leave them for a few seconds, then a few minutes, slowly building up. Give them a puppy-safe toy stuffed with some of their food as you go and keep goodbyes and hellos low-key.

8 Don't stretch it too far

Young puppies shouldn't be left for long. If you're out for a while, ask a friend, neighbour or dog walker to pop in.

Finding it tricky?

- barking, howling or whining that doesn't stop
- chewing doors or scratching at exits
- accidents only when they're alone
- lots of drooling or panting

Go back a few steps and build up more slowly. If it carries on, your vet or a qualified behaviourist can help.

This guide is general advice for new puppy owners. Every puppy is different, so if you're ever worried, your vet is the best person to ask.