



# To Sleep or Not to Sleep With Your Pets

**T**hey snore, they purr, they bark and meow and they sleep on your head and width wise in your bed. They also hog the covers and breathe into your face as they take up most of the space on your pillow.

According to the American Pet Products Association almost

half of us sleep with our pets. The survey found that 62% of small dogs, 41% of medium-sized dogs and 32% of large dogs sleep with their owners in addition to spouses and children. More adults sleep with their cats however with 62% sharing their bed with their cat or cats and 13% of children sleep with a cat tucked in beside them. However many vets advise against even letting cats into your bedroom at night if you don't want to sleep with them as cats take an all or nothing

approach. If they are allowed in the room they will sleep with you on the bed and there is nothing you can do about it as it's hard to break them



of the habit once you allow it.

Now a king size bed is big enough for two humans but factor in a couple of small pets or a large one and you'll probably find yourself teetering on the edge of the bed all the night through - not sleeping.

Not surprisingly, a study released by the Mayo Clinic Sleep Disorder Center found that half of their patients who complained of sleep disorders admitted to sharing their bed with their pet and 53% of them knew that their pet disturbed their sleep.

There are medical reasons why some people should not sleep with their pets. Asthma and allergies being the big ones as pet dander is the leading culprit that exacerbates those problems - doctors don't even recommend letting a pet sleep in your room if you suffer from those conditions and also say you should use a HEPA filter in your home's heating and cooling systems. If your pet is an

outdoor pet then you are risking the very real problem of fleas which will require some elbow grease on your part to get your pet, mattress and bedding flea-free. Though fleas can't live on humans they will happily live on your bed and will bite you every time you crawl in.

There are however some reasons to sleep with pets as many people claim they feel safer and calmer with a pet beside them. Some people believe that pets can help insomnia as their steady breathing helps lull a person to sleep. Studies have also shown that pets can help lower blood pressure and can even reduce cholesterol levels.

If you are in the market for a

new mattress that you will share with your pet(s) then invest in a good quality mattress and pillow protector to protect your investment and your health. We can help you choose the right one for any mattress and pillow size.

We are also excited to announce that we have moved our Lasalle location of Sleep Experience inside Inspiring Interiors by Bartons. We now have more show room space and we can offer roomfuls of unique bedroom furniture to compliment your new, comfortable mattress set.

We invite you to visit our new location to see for yourself.

*Jim Conlon*

**Sleep Experience**

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