

Mayo Clinic Minute

Dogs in bed

| Video | Audio |
|---------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| | We had a dilemma where many people love their dogs, wanted them to be close by at night, and when they were told by their physician's bad idea, put the dogs elsewhere, they seemed not to listen. |
| Louis Krahn, M.D. Sleep Disorders Center Mayo Clinic | We decided to collect data using a measuring device, applied to both the dogs and people, to see who was right. |
| | And we found that as long as the dogs were not on the bed, their presence in the bedroom did not appear to be a big issue for the sleep of their owner, but on the bed was a different story. |
| Louis Krahn, M.D. Sleep Disorders Center Mayo Clinic | I do think that it's possible to have a dog, to incorporate them into your life, to spend time, including evening and night hours, but you have to be sensible |
| | You have to sort of pay attention to your own needs, your own sleep, and then think of how you can incorporate the dog and don't let the dog just do exactly what it wants |
| | |
| | |