

---

[Introduction](#)

[Don't Have a Puppy Yet?](#)

[Health Check!](#)

[A Good Day = A Good Night](#)

[Where Should Puppy Sleep?](#)

[Preparing for Bedtime](#)

[The Overnight Potty Trip](#)

[Here's the Plan...](#)

[The Alarm Clock Method](#)

[The Light Sleeper Method](#)

[The Heavy Sleeper Method](#)

[Help!!!](#)

[Desperate Measures](#)

[FAQ](#)

[Good Morning!](#)

[Thanks for Reading Puppy Sleep Training!](#)

---

## [About the Author](#)

There's nothing like Puppy Sleep Training - The Exhausted Puppy Owner's Nighttime Survival Guide a sleepless night with your puppy to make you wish you'd gotten a goldfish instead. Or maybe a plant.

There are few things in life that are as fun and exciting as having a puppy, but just like new parents, new puppy owners are rarely prepared for what life is really like when you have a baby in the house. The sleep deprivation commonly experienced by new parents is an issue for new puppy parents, too, so sleep training is as important for your puppy as it is for a baby. If you don't Puppy Sleep Training - The Exhausted Puppy Owner's Nighttime Survival Guide have an overnight plan for your pup, his fussing, crying and potty accidents can cause both of you a lot of stress and get your relationship off to a rocky start.

Try not to be discouraged if you're struggling with nighttime puppy issues... they're a normal part of puppyhood and there's plenty you can do to minimize the mayhem. With a little time, patience and some good training, that yipping, yowling, tinkling bundle of puppy badness will soon be the civilized dog you've always wanted. That may be hard to imagine in your current sleep-deprived state, but following the plan outlined in this book is a great first step toward creating Puppy Sleep Training - The Exhausted Puppy Owner's Nighttime Survival Guide your dream dog. And, in the short term, it'll get you on the path to getting that solid 8 Puppy Sleep Training - The Exhausted Puppy Owner's Nighttime Survival Guide hours of sleep you're dreaming of!

As awful as things may seem right now (especially if you're reading this at 2am with a shrieking puppy in the background), the horror Puppy Sleep Training - The Exhausted Puppy Owner's Nighttime Survival Guide of Puppy Sleep Training - The Exhausted Puppy Owner's Nighttime Survival Guide these first nights with your new puppy will soon be nothing more than an inspirational tale you'll share with your friends who are struggling through their own puppy issues... they'll hardly believe your perfect dog was ever a goofball like their naughty puppy!

---

If you ARE Puppy Sleep Training - The Exhausted Puppy Owner's Nighttime Survival Guide reading this in the middle of the night and you're too tired to read this whole book, [skip right to the "Help!!" chapter](#) for some quick fixes to try RIGHT NOW. I'll let you off the hook until tomorrow morning to read everything else!

If you've already brought your puppy home, you can skip this chapter. But if you're the type to do a lot of advance planning and you bought this book prior to getting your puppy, read on to learn a few things you may be able to do before puppy comes home to make things easier on yourself.

First, consider whether a young puppy is right for you. If you're the kind Puppy Sleep Training - The Exhausted Puppy Owner's Nighttime Survival Guide of person who can't function without a solid 8 hours of sleep every night, you may not survive a 7- or 8-week old puppy, since they definitely need to be taken out to potty one or more times in the middle of the night, possibly for a few weeks or more. An older puppy or an adult dog Puppy Sleep Training - The Exhausted Puppy Owner's Nighttime Survival Guide might be a better choice for you. Puppies 10 weeks and up are much less likely to need frequent nighttime outings and they'll be Puppy Sleep Training - The Exhausted Puppy Owner's Nighttime Survival Guide ready to sleep through the night much sooner than the little guys. Adult dogs typically either sleep through the night right off the bat or, at most, have a couple of rough nights while they're getting used to their new environment and schedule.

I know those little butterball 7-week-old puppies are tempting, but, believe me, their cuteness can wear off pretty quickly when you're walking Puppy Sleep Training - The Exhausted Puppy Owner's Nighttime Survival Guide around like a sleep-deprived zombie. For most people, some rough nights are totally worth it; for others, not so much. Know thyself and get a puppy or dog that suits your lifestyle and sleep habits!

---

If you've decided a puppy is right for you (or if you've fallen in love with a puppy and you're going to get him whether he's right for you or not!), and he's coming to you from a breeder, foster home or private individual, you might be able to enlist his current caretaker to take some steps to help teach your puppy to sleep well at night. Some folks are willing to do this out of the goodness of their hearts; others might be receptive to bribery! Ask first, and if the caretaker *Puppy Sleep Training - The Exhausted Puppy Owner's Nighttime Survival Guide* isn't immediately open to the idea, you might offer to pay her for the time she's spending on the project. I've had several clients ask (or pay) their breeders to keep the puppy for an extra week or two to work on crate training, housebreaking and sleep training, and it makes things a lot easier for them... some puppies even come home trained to *Puppy Sleep Training - The Exhausted Puppy Owner's Nighttime Survival Guide* sleep all the way through until morning. It can't hurt to ask! While you're at it, you might want to ask if she can acclimate the puppy to wearing a leash and collar. This can be helpful if you're planning to use the "umbilical cord" method for housebreaking and/or sleep training, which requires you to keep puppy attached to you with his leash to prevent him from wandering off and getting himself into trouble. One less thing you'll have to worry about doing yourself!