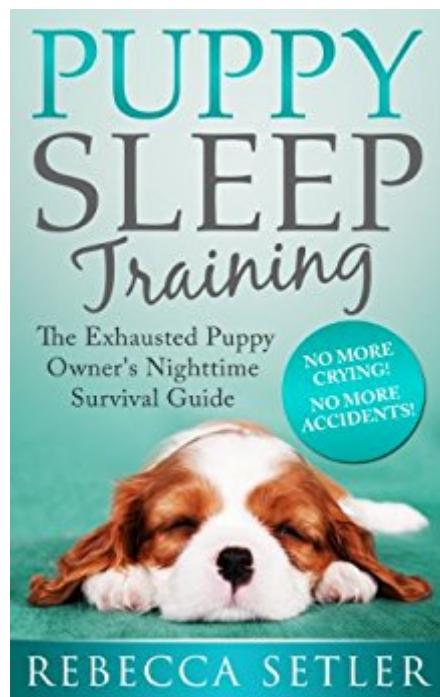


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# Puppy Sleep Training - The Exhausted Puppy Owner's Nighttime Survival Guide



## **Synopsis**

Is your puppy making nighttime a nightmare? Professional dog trainer and housebreaking expert Rebecca Setler, best known for her free housebreaking website, The Housebreaking Bible, can help you turn that nightmare into sweet dreams! One of the most common problems experienced by new puppy owners is a puppy that just won't sleep at night, yet there are very few resources to teach you how to handle a nocturnal puppy who wants to scream, cry and have potty accidents instead of sleeping. *Puppy Sleep Training - The Exhausted Puppy Owner's Nighttime Survival Guide* is the first book dedicated to teaching you everything you need to know to help your puppy learn to sleep peacefully through the night. A must-have for anyone who has a puppy or is considering getting one... and it works for newly-acquired adult dogs who are having problems adjusting to a new sleep schedule, too! Get the answers to your overnight puppy training questions, including: How much do puppies sleep? What should I expect from my new puppy on his first night home? How can I teach my puppy to stop crying, barking, howling or whining in the crate overnight? Where should my puppy sleep? Is it okay for my puppy to sleep in the bed with me? What should I do about overnight scheduling for my puppy? How often does a puppy need to go out for a potty trip at night? What can I do to prevent my puppy from having pee or poop accidents overnight? My puppy won't sleep at night, but sleeps a lot during the day... what am I doing wrong? How should I prepare my puppy for bedtime? What are the rules for housebreaking and crate training my puppy at night? Does my puppy need to have access to food and water overnight? How long does it take for a puppy to be able to sleep through the night? What can I do RIGHT NOW to quiet my crying puppy so I can get some sleep tonight?... and more!

## **Book Information**

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## **Customer Reviews**

This book was the answer to our problem of a new puppy that barked and cried at night. We got him right before Christmas thinking that since we were both off that week we would be home to take care of any problems. I was thinking about working on his housebreaking not realizing that he would keep us up with loud barking and crying at bedtime and on and off through the night. We thought that he would just cry it out if we ignored him, but that didn't work. After making a few changes suggested in the book (changing his schedule, moving his crate, using our alarm to make sure he got out at the right times) we've had two good nights in a row with just minimal whining when we first put him in the crate. The book doesn't really cover much about general puppy training, but it does a GREAT job of teaching you how to get your puppy to sleep without barking and crying. For us, since the sleep issue was the biggest problem we were having with our puppy, this was definitely the right book at the right time. If your puppy is keeping you awake at night get this book!

I'm 33 years old and never owned a dog. Trying to get my new pup to sleep in his crate without whining was a major problem. As a matter of fact getting him to sleep all night was a pain too. I'll have to say this book helped fix the problem while also giving me some great tips to keep him from peeing in his crate. The E-book is really cheap and a quick read. Totally worth it.. I'm not big into writing an essay for a review. just straight to the point.. you won't regret buying this book. At least I think so.RDE

I purchased this book in a panic after listening to our brand new puppy howl and shriek for hours every night in his first week home. There are really fantastic, practical suggestions in the book for lots of situations. After implementing some of the suggestions in this book, he finally had his first quiet night last night and my husband and I were able to get some much needed rest. In my desperation, I also emailed Rebecca. She responded the next day and was really nice and empathetic and reinforced the suggestions made in the book. With all the dog training advice out

there on the internet, it's easy to feel like a failure if you and your dog aren't checking things off a list every day. Rebecca seems to have a totally reasonable approach to dog training that takes into account your lifestyle and your and your dogs personalities. Her website also has great suggestions for house training! <http://thehousebreakingbible.com>

I transitioned my puppy from paper training to crate training, so I bought this book to help ease the process. Luckily for me it went pretty fast, since my pup was able to sleep through the night already. I did get up in the middle of the night when he started spending the night in his crate to make sure he didn't have any accidents, but I was able to move the intervals of time up quite quickly. This book is a great resource!

We crate trained a puppy 13 years ago and did everything wrong. We are determined to get it right this time around with our new 9-week-old Boston Terrier and after a week of yelping & crying ALL NIGHT LONG (by the puppy, my husband AND myself!) I was desperate. My four human babies, including a set of twins, were easier to sleep train! I am so glad I found this book and have now had three successful nights using the "light-sleeper" method. The puppy has completely slept through the night without even needing to go potty! My husband has been out of town for five days and is going to be shocked at the difference in our little Gidget's sleeping habits when he gets home!! The only reason I didn't give this book five stars is because I wish it had included some additional non-sleep related crate training tips. However, It is an easy 30-45 minute read and has really good ideas to try for your little sleep monster. Good luck!!

In a moment of desperation, I purchased this book. It was 3am and my new puppy wouldn't quiet down. We'd just brought him home and he was howling and yowling... it sounded as though we were torturing the poor dog with hot coals. Bleary-eyed and out-of-patience, I found this book and it was tremendously helpful. On the very first page, it tells you that if it's in the wee hours of the morning and you're desperate, skip the first several chapters and go straight to the solution. It made me laugh, which in all honesty, helped to diffuse the tension in the middle of the night. It offered some helpful tips and the most important thing -- I didn't feel alone. It helped to reinforce that this was natural and even expected. So did the puppy eventually stop crying in his crate in the middle of the night? I don't know. We ended up bringing him into bed... and there he stayed. Quiet.

This book has quickly become invaluable. I can't believe how many good tips there are not just for

my puppy but for my older dog too. As a huge bonus, the author has both a sense of humor and a grip on reality. Suggestions are realistic and alternatives are provided for those of us who might be - ahem - slightly less diligent. My only regret is not having bought it about 18 years ago.

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