

Daily Arousal

Protocol

Dogs need SLEEP

Adults

16-18 hours/day

Puppies and Geriatric Dogs

18-20 hours/day

Active/High Arousal/Exercise
10-15% of awake time
approx 1 hour/day

Mid/Low Arousal/Thinking Activities
35-40% of awake time
2 hours/day

No/Low Arousal/Rest
50% of awake time
3 hours/day

