

Is Dog Barking In Sleep Normal? Here Is The Truth



It is a peaceful night, and after a tough day, you are in a deep sleep. “Woof woof.” Oh no! Is your dog barking in sleep again? Is everything okay?

Just like us, dogs also have their language. To us, it is just a sound, but for them, barking, howling, and whining is a way to communicate or to express their feelings.

But what if they are barking in their sleep? Is it normal? The answer is, **yes**. Dog barking in sleep is absolutely normal and nothing to be worried about; in fact, it proves that your furry fellow is healthy and fit. Just like every mammal, dogs also dream, and as a result, they bark.

Not only barking, but you can see other body movements as well. Studies suggested that a dog’s dream can be horror, happy or sad, and it is advised not to wake them up as you might interrupt both, his dream and sleep.

Unlike humans, dogs don't just visualize dreams, they also use other senses like smelling, hearing, and tasting. That's why while dreaming, they also twitch their eyes, wiggle ears, and move their body according to the dream they are experiencing.

Researches have shown that the brain waves produced by dogs in their sleep have many similarities to that of humans.

Right after laying down, dogs go through the stage of relaxation for about 10 minutes. Their heart rate and body temperature go down as they enter the light sleep stage.

After this stage, they enter into non-REM sleep, a deeper state, and their body starts to regrow, rebuild and repair the muscles, tissues, and bones.

Finally, it is time to step into the REM sleep cycle, also known as the rapid eye movement cycle. During this stage, the heart rate and breathing increases and we, and our dogs start dreaming.

How much the dog will bark during the REM sleep cycle depends on different breeds and can vary for an individual. Small dogs switch from REM sleep cycle to non-REM sleep cycle every 10 minutes hence bark more than big dogs, whereas big dogs enter the REM cycle after every 90 minutes, so they dream and bark less.

Should You Wake Your Dog up if He Is Barking in Sleep?

Whenever you hear your little fellow barking at night, the initial step should be to check whether he is asleep or needs you? He might be hungry, scared, or lonely and barking for your attention.

Once you are sure that he is barking in sleep, there is nothing to do. As informed earlier, he is just dreaming, and dog barking in sleep is ordinary. Never wake your dog up as it can disturb their sleep cycle, leaving them disoriented.

If they are dreaming something terrifying, waking them up can scare them, and they might attack or bite you.

However, if your dog is showing signs of pain like heart pounding rapidly, breathing fastly or hardly catching breath, or making terrifying sounds, then it is advised to wake him up gently with your voice to avoid him snapping at you. If he doesn't wake up, call the vet immediately.

Is the Noise Disturbing Your Sleep?

Watching your furry friend while barking and twitching in his sleep and wondering what he is dreaming about is one of the cutest feelings ever. Still, excessive or continuous barking can badly affect your sleep schedule. If this is the case, here are a few practical tips for you to avoid the noise of dog barking in sleep.

Tips to Minimize Barking Sound at Night:

For a peaceful sleep, it is necessary to overcome the impact of the dog's bark.

- First things first, make sure he isn't barking due to loneliness, especially if he is your new pet. Dogs sleep with their groups(families) and might be barking due to homesickness. Make his bed in your room and observe if there are any changes or not.
- If he is not a new addition to family and barking in sleep is habitual, then you can move his bed far from your room to avoid any disturbance in your sleep.
- If placing his bed far away is not making any difference, you can talk to the vet for guidance but never treat him with medicines. It is better to tolerate the sound than to give him treatments to stop natural phenomena.
- Even if our sleep cycles are similar, you should never give human medicines to your dog, or else they can suffer from severe health problems.
- Use a dog calming diffuser to calm your dog down. It is readily available at any pet shop. The dog calming diffuser releases pleasant and scented pheromones that calm down the dog and help them sleep deep.
- Use a white noise machine. White noise machines are also beneficial to drain out all the noise at night.
- Use earplugs to cancel out the noise.
- If your dog has the training to use a crate, you can put a blanket on the crate for a comfortable sleep at night.

An Overview:

- Dog barking in sleep is as normal as dog barking while they are awake. It is a part of the REM cycle and nothing else.

- Waking them up during the REM dream cycle can be unhealthy for the dog and can make them exhausted and weak throughout the day as it can disturb their sleep pattern.
- Play with your dogs, spend quality time with him, give body rub to him, and do all the good things you can do to provide him with sweet memories of the day because that is what they are going to dream about, so make sure to offer them a fun and lovely dream.
- But if their sound is interrupting your sleep, you can simply place their bed in a place that is far from your room. Or you can try earplugs or a white noise machine for a good night's sleep. However, if your dog is showing signs of a nightmare (panting, scared expressions), then you can wake them up by gently rubbing their body or calling their name in a soft voice.
- Don't forget to check if they are barking in sleep or awake because they might be feeling bored, scared, need your attention, are hungry, or want to pee. We hope you enjoyed our article. Happy petting!