

Why Dogs Chew Their Beds and How to Stop Them



Few things are more frustrating for dog owners than walking into a room and finding a chewed-up dog bed. Whether it's torn seams, scattered filling, or bite marks around the edges, bed chewing is a common issue—and one that often leaves owners wondering why it's happening in the first place.

The good news is that dogs chew their beds for identifiable reasons, and once you understand the cause, it becomes much easier to stop the behavior. This guide explains why dogs chew their beds and offers practical, dog-friendly ways to address it.

Why Do Dogs Chew Their Beds?



Bed chewing isn't random. Dogs usually chew for a purpose, whether it's physical, emotional, or behavioral.

1. Boredom or Excess Energy

One of the most common reasons dogs chew their beds is boredom. Dogs with excess energy often look for ways to entertain themselves, and a soft bed can quickly become a target.

Signs boredom may be the cause:

- Chewing happens when you're away
- Destruction occurs mostly during quiet periods
- Your dog doesn't get much daily exercise

Dogs need both physical movement and mental stimulation. Without it, chewing becomes an outlet.

2. Anxiety or Stress

Dogs may chew their beds as a way to self-soothe when they feel anxious or unsettled. Changes in routine, unfamiliar environments, or being left alone for long periods can all contribute.

Chewing related to anxiety often:

- Happens repeatedly, even with new beds
- Occurs alongside pacing, whining, or restlessness
- Focuses on corners, seams, or specific spots

In these cases, the bed isn't the problem—it's simply what's available.

3. Teething (Especially in Puppies)

For puppies, chewing is a normal part of development. As new teeth emerge, chewing helps relieve discomfort and explore the world.

Bed chewing in puppies is often:

- Frequent and enthusiastic
- Focused on soft, textured materials
- Combined with chewing other household items

Without clear guidance, puppies may assume their bed is fair game.

4. Natural Instincts

Some dogs chew instinctively. Digging, nesting, and rearranging bedding can be traced back to behaviors meant to create a comfortable resting space.

Dogs may chew or paw at beds to:

- "Fluff" their sleeping area
- Adjust firmness or shape
- Settle before lying down

This behavior can become destructive if the bed isn't designed to withstand it.

5. Discomfort With the Bed Itself

Not all dog beds suit all dogs. If a bed feels too flat, too firm, too warm, or holds moisture, dogs may chew it out of frustration.

Signs the bed may be the issue:

- Your dog avoids lying on it
- Chewing happens immediately after settling
- Your dog moves between spots instead of resting

Comfort plays a bigger role than many owners realize.

How to Stop Your Dog From Chewing Their Bed



Stopping bed chewing isn't about punishment—it's about meeting your dog's needs and setting them up for success.

1. Increase Daily Exercise and Enrichment

A tired dog is far less likely to chew destructively. Regular walks, playtime, and mentally stimulating activities can make a noticeable difference.

Helpful activities include:

- Daily walks appropriate for your dog's energy level
- Puzzle toys or food enrichment
- Training sessions that engage the mind

When dogs are fulfilled, destructive habits often fade.

2. Create a Calm Resting Environment

If anxiety is a factor, focus on making your dog's resting space feel safe and predictable.

Simple adjustments can help:

- Place the bed in a quiet, low-traffic area
- Stick to consistent routines
- Avoid overstimulation before rest time

A calm environment supports better rest—and less chewing.

3. Redirect Chewing to Appropriate Items

Dogs that love to chew shouldn't be stopped from chewing altogether—they just need better options.

To redirect chewing:

Offer chew toys with varied textures

Rotate toys to keep them interesting

Praise your dog for choosing appropriate items

This teaches your dog what is acceptable, rather than just what isn't.

4. Choose a Bed Designed for Comfort and Durability

The right bed can significantly reduce chewing behavior—especially when discomfort is part of the problem.

Our beds are designed with higher-density, ultra-comfy bead filling, similar to a bean bag. This type of filling offers several benefits that can help discourage destructive habits:

- Supportive and cozy, allowing dogs to settle comfortably
- Molds to the dog's body, reducing pressure points
- Anti-bacterial, supporting better hygiene
- Does not absorb moisture, helping maintain freshness

Because the filling moves and adapts, many dogs find this type of bed more satisfying than flat or rigid options—making them less likely to chew out of frustration.

5. Supervise and Set Boundaries Early

Especially for puppies or newly adopted dogs, supervision matters. Allowing unsupervised access to a bed too early can reinforce chewing habits.

Helpful steps include:

- Introducing the bed during calm periods

- Removing the bed temporarily if chewing begins
- Reintroducing it once your dog is settled

Consistency helps your dog understand that the bed is for resting, not chewing.

6. Avoid Reinforcing the Behavior

Even negative attention can unintentionally reinforce chewing. If your dog chews their bed and gets a strong reaction, they may repeat the behavior.

Instead:

- Stay calm
- Redirect to an appropriate chew item
- Reward calm, relaxed behavior on the bed

Clear, calm responses are more effective than frustration.

When Bed Chewing Is a Sign to Seek Help

If bed chewing continues despite changes to routine, environment, and bedding, it may be time to seek professional guidance. Persistent chewing can sometimes indicate deeper stress or behavioral challenges that benefit from expert support.

A qualified professional can:

- Assess underlying causes
- Provide tailored guidance
- Help create a plan suited to your dog's needs

Helping Your Dog Rest Comfortably

Understanding why dogs chew their beds is the first step toward stopping the behavior. In most cases, the solution lies in meeting your dog's physical, emotional, and comfort needs—rather than simply replacing damaged beds.

By providing adequate exercise, calm routines, appropriate chew outlets, and a bed designed for true comfort and support, many dogs naturally leave destructive habits behind.

If your dog continues to chew their bed or shows signs of stress or discomfort, seek professional veterinary or behavioral advice today. Early guidance can make a meaningful difference in your dog's comfort, wellbeing, and quality of rest.