

Sleep Problems

Animals in their natural state have predators and are territorial, so if anxious due to change such as a house move, new animals next door or even from visitors staying over, they can be on guard at night instead of sleeping.

Good remedies are **Aconite** for a recent problem, when the animal is fearful around 11pm. This is also a great remedy if your dog is keeping everyone awake coughing with kennel cough.



Arsenicum I frequently prescribe for restless pacing soon after midnight onwards, especially old animals who have some dementia or confusion due to loss of sight or hearing. Use **Phosphorus** for 'over-responsible' or over-vigilant territory guarders. New puppies who can't settle at night do well on **Ignatia** and **Chamomilla**. **Phosphoric acid** is good for an old or unwell animal who can't sleep due to excessive drinking and weeing, which happens more at night than during the day if the adrenal glands are stressed.

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Repetition of doses: As a general rule you should reduce the doses of a remedy as it starts to act and not continue once the situation has resolved.

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