



Cats at Night

Cats are generally more active at night or early morning. If you are awakened at night by a cat scampering across you, you are well aware of this!

However, if your cat has suddenly started meowing more at night, especially if elderly, it may be due to a medical problem or pain. Have your cat examined by your veterinarian first to rule out health problems. Otherwise, try some of these ideas to see if you can get a good night's sleep.



- Play with your cat right before bedtime using a wand or laser. It should last about 30 minutes. Make sure he's actually tired.
- Keep your cat busy during the day by providing enrichment areas.
- Get your cat a playmate. Your cat may need another cat to play with. This works well with younger cats.
- Use a timed feeder if your cats are waking you up for food. Do not get out of bed to feed them, as this will only encourage them to wake you up more often.

If these ideas don't work, you may need to keep your cat out of the bedroom. Since that is usually easier said than done, here are some tricks. You can combine them with the previous ideas for a higher success rate.

- Use a motion detector deterrent such as canned air. This is a non-painful way to keep your cat away from the door.
- Place a carpet runner protector upside down, double sided tape, or aluminum foil outside the door.
- Use fans or a white noise machine in your bedroom to drown out meowing. If you don't respond to the meowing, your cat will eventually learn it doesn't work.
- Keep your cat in a room as far away from the bedroom as possible. Provide a bed, litter box, water, and a play area.
- Use a food puzzle to dispense food slowly. It'll keep him busy and away from your door.



If you must keep your cat in your bedroom, you cannot reinforce any negative behavior. This means ignoring the constant meowing for attention or food. Don't respond to any behavior such as jumping on you, nipping at your feet, or knocking things off shelves.

Your cat has already learned that these behaviors get results. You need to teach him these actions will no longer work, although it will mean some sleepless nights during the training process.

If simply ignoring him doesn't work, try using a deterrent device that you can use from bed without directly interacting with your cat. Canned air, air horns, or a squirt gun may work well. Motion activated devices can help to keep the cat off your bed.



If your cat is begging for food, try an automatic feeder in your bedroom.

Eventually you will be able to find a technique that allows you to sleep in peace.

