

How can I make my cat leave me alone when I'm sleeping?

CatChannel expert Jeanne Adlon, professional cat sitter, helps you calm your kitty's nighttime craziness.

By Jeanne Adlon

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Q: My cat keeps me up at night. What can I do?

A: Many people believe that cats are night creatures, but they usually are more active during the day. Though most cats adjust to their human companions sleeping through the night and allow them a comfortable rest, some do not. If your kitty is a late night wanderer, it can be a real problem.

Here are some suggestions to help you and your cat get on a reasonable sleep schedule: Take time to play with your cat right before you go to bed. Try one of those cat toys designed like a fishing pole where you can dangle an inviting fish or other appealing object to get the cat going. You also can crumple up some paper and toss it around the room for your cat to chase. When finished, put the toys away.

Feed your cat right before you go to bed.

Give the cat a thorough brushing to help it relax.

If the above fails to calm your kitty down at night, you might have to make your bedroom off-limits for a time. Try putting the cat in a separate room with its litter, water, food and favorite toy. Leave the door open (cats like to see out), but stack two pet gates on top of one another in the doorway to keep the cat in. If you want to close your kitty in completely, make sure it also has a night light and blanket. Consider also putting a small radio in the room tuned to a familiar station on low volume. I am sure you are wondering how to choose the right station. It's simple: Whatever you normally have on in the house will be familiar. Cats love familiarity.

Good luck with teaching your kitty proper bedtime manners!

Jeanne's Tip of the Week:

Food treats are fun for cats but instead of just handing treats to them, toss a few across the room. This way they get some exercise. More tips [Return to Jeanne Adlon's homepage.](#)