



---

Coaxing Your Cat To Let You Sleep Past 4 A.M.

Placeholder for the "Links" field



<?xml version="1.0"?>

## Coaxing Your Cat To Let You Sleep Past 4 A.M.

SHARE



- [Facebook \(opens in new window\)](#)
- [<?xml version="1.0" encoding="UTF-8"?> .st0 { fill: #e5c883; } Twitter \(opens in new window\)](#)
- [✖ Pinterest \(opens in new window\)](#)
- [<?xml version="1.0" encoding="UTF-8"?> .st0 { fill: #e5c883; } Download \(opens in new window\)](#)
- [✖ Email \(opens in new window\)](#)



- [Print \(opens in same window\)](#)

Ahhh ... nothing like peacefully drifting off after a long day. You're having the most

wonderful dream when — WHAP! — your cat starts tapping your forehead with their paw at four in the morning, wondering if you'd be a dear and fetch them some fresh [SHEBA® \(open in new tab\)](#) meals. For a creature that sleeps 16 hours a day, why do cats insist on being awake when you want to get some rest? Even more important, how can you persuade them to let you sleep? Let's investigate, shall we?



## The night belongs to cats

Why are cats up all night? Is that when the clubs are open? Or when secret cat TV shows are on? Actually, it's because cats are crepuscular creatures, which is a fancy way of saying they're more active during the evening and at night. It's been part of their ancestral instincts since day one and always will be.

You can't fight Mother Nature on this one, but you can redirect your cat's instincts to reduce the number of late-night raves on your bed.

## How to prevent 4 a.M. Wakeup calls

### Set up a pre-bedtime ritual

Cats are creatures of habit and love a routine that makes them feel loved. By setting up a pre-sleep routine that includes a nutritious meal, playtime and a few quality cuddles, you can help minimize the chance of them disturbing your dreams.



### Split dinnertime into two courses

Serve a small meal earlier in the evening and another just before you turn in — [SHEBA® PERFECT PORTIONS™ packs](#) are ideal for this! Serving dinner in two parts will keep your cat from bugging you in the wee hours of the morning. Plus, they're more likely to be all "I'm so full. I'm just going to lie here on my sofa and catch up on my beauty sleep." Using a food dispenser with a timer may also prove wise — it's the cat version of the early-morning breakfast diner.



### Schedule a playdate an hour before bedtime

Your feline has patiently waited all day while you were out, just so you could have the pleasure of playing with them. Play sessions at dusk or twilight, when cats are instinctually more active, are a great way to bond and use up their excess energy, so they'll be more inclined to let you sleep in.



## Provide quieter toys

Put out fabric-covered, plush or less noisy toys before bedtime. Otherwise you might wake up to the sounds of their favorite sparkly jingle ball being batted up and down the hallway.



## Keep your bedroom door closed

Kitty might be displeased at first, but they'll eventually get the idea and realize the rest of the house is theirs. Which they usually assume anyway.



## Make sure their litter box is clean and bedding is accessible

If they don't have a clean bathroom or a comfortable place to sleep, they'll want to speak with the manager. (That's you.)



## Turn off your cat's cellphone

You don't want them texting friends or uploading lip-sync videos to social media while you're trying to get some shut eye. Just kidding — but it's fun to imagine.

**Here's to you and your cat getting more quality sleep.**

**Sweet dreams, darlings.**

Oh, and if you both want a good bedtime story, we suggest checking out this [video \(opens in a new tab\)](#). Should your cat wake you up in the wee hours, you can listen to "[The 4AM Stories Podcast , \(opens in new window\)](#)" designed to help you get back to sleep. If you're still awake, come share your 4 a.m. Stories on Instagram with the hashtag #4AMStories.

## More Articles Like This



### [Why Does My Cat Lick Me, Themselves, And Household Objects?](#)

Ever wondered why your cat licks everything? Find out what drives their licking habits, from showing affection to health concerns and everything in-between.

[EXPLORE](#)



### [12 Ways to Celebrate Your Cat's Birthday or Gotcha Day](#)

Cat parents don't hesitate to celebrate their divine feline, whether it's a special occasion or not. However, few reasons are more purr-fect for partying than birthdays and gotcha days

(e.g., their adoption day, first day home with you, day they were found as a stray, etc.).

[EXPLORE](#)



## [9 Weird Eating Habits In Cats — And What To Do About Them](#)

Every person with a cat has experienced this moment: Your cat lets you know it's time to eat, and they stroll to their typical dining spot and wait to be served. You happily oblige, yet you're a bit nervous as you anxiously watch your cat, hoping for their approval.

[EXPLORE](#)



## [A Guide To The Premium Ingredients In Sheba® Cat Food](#)

It goes without saying that your cat wants only the best ingredients in their wet food in juuuuust the right amounts. Delicious. Nutritious. More, please. Cats can't read labels, but you can. Let's peruse the main ingredients we've stocked in the SHEBA® brand pantry — and learn why you should offer them to your cat.

[EXPLORE](#)

```
.layout-container .main { background: #1A1A18 !important; } .article-header-block {  
margin-bottom: 0rem !important; } .results-key-header-container { margin-top: 8rem; }
```

---

### **Source URL:**

<https://www.sheba.com/lifestyle/how-to-convince-your-cat-to-let-you-sleep-at-night>