



May 17, 2018

Dear Oona,

My human complains that I sleep too much. They think I should be up more running and looking impressive for all his friends. Sometimes he pokes me when I sleep to make sure I'm still alive. I am soooo tired of this. What do I do?

Fast Eddie

Dear Eddie,

My solution? Poke your human at 3 a.m. and ask why he's not up doing impressive human stuff. Tell him you've told all your friends about him and there he is, just lying there embarrassing you.

Okay, Eddie, humans are daft. They know nothing. Giant dogs need giant sleep. Big dogs sleep about 50 percent of the time. We spend another 30 percent lying around, resting.

Wolfhound puppies sleep 18 hours a day. Remember how fast you grew at that age? Zero to a hundred pounds in six months. Let your human try that. It takes a lot of energy to

grow that much wolfhound. And a lot of sleep.

Even when we're all grown up, we have a lot of mass to maintain. They call us "giant" for a reason. To stay healthy mentally and physically, we need that sleep.

Wolves do, too. You think our cousins are out there roaming and tracking prey all day long? Nope. They sleep as much as we do. At night when their prey is active, that's when they really pour it on. The rest of the time? Recovering and conserving their energy.

Besides, we're only sleeping deeply about ten percent of the time our eyes are closed. That's why when your human opens a bag of chips in a faraway room, we're *there*.

Deep sleep is dream time and we need it for good mental health, just like humans do. *They're* in deep sleep 25 percent of the time they sleep. In deep sleep, our brains are sorting through and making sense of our day. Deep sleep is when the brain resets and gets ready for another day.

If our humans are lucky, we're in deep sleep when they are. Otherwise we may need to go out and play in the moonlight. I make a point of getting up at least once a night just to make sure my humans appreciate it when I *do* sleep. Try it a few times, Eddie. The poking will go away.

Love, Oona

Got a question? Send it to bob@thewildstare.com

and Oona will get back to you as soon as she gets her nails done or she can prod the old guy to take dictation.