**Sleeping alongside your dog can help you get a better night’s rest, claims study**

**研究主張，愛犬陪在身邊讓你更好睡**

If you always consign your dog to the kitchen or living room when you go to bed, it may be time to rethink your choices. According to a new study from the Mayo Clinic, sleeping alongside your dog may actually improve your sleep quality.

The researchers spent four month assessing whether having a dog in the bedroom would disturb or help sleep. 40 healthy adults without sleep disorders took part with their dogs, none of whom were under six months old.

The study found that regardless of the size of the dog, having this four-legged friend in the room improved sleep quality.

 "Most people assume having pets in the bedroom is a disruption, but we found that many people actually find comfort and a sense of security from sleeping with their pets." Lois Krahn, a specialist at the Center for Sleep Medicine on Mayo Clinic’s Arizona campus said.



"Today, many pet owners are away from their pets for much of the day, so they want to maximize their time with them when they are home. Having them in the bedroom at night is an easy way to do that."



**《WORD BANK》**

consign：動詞，託付；打發。

disorder：名詞，混亂；不適。

maximize：動詞，最大化。

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