



Resting Areas

Cats are at their most vulnerable while sleeping, so they prefer to rest in areas where they feel safe and secure. Desirable resting areas typically are quiet, comfortable locations where the cat can escape from other members of the family. Your cat may choose to get out of the way by resting on top of the kitchen cupboards or under the bed, or she may like to sleep curled up in her cat tree or on your bed or sofa.

Owners who prefer the cat to stay off of the bed and other furniture can encourage the cat to rest elsewhere by providing a refuge in a quiet part of the house. A refuge is a less-traveled or out-of-the-way area of the home where the cat has access to all of the necessities; a bed, food, water, a litter box, a scratching post, perch, and toys. Cat beds can be purchased, but snug blankets and towels are just as appealing to cats and are easy to wash. The refuge should be a place where your cat feels safe and comfortable; for example, a bedroom or back room. Your cat can retreat to her refuge when she wants to rest.

Wherever your cat chooses to rest it is important not to disturb her. Just as you may not want to be bothered while you are asleep or resting, neither does your cat. Respect your cat's privacy when she is resting and she will be more likely to seek you out when she is ready to interact.

