

Nova Scotia SPCA Provincial Office  
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For Immediate Release

## Operation Hit Snooze Starting at Dartmouth SPCA

*Pilot program begins at the largest SPCA shelter before province-wide rollout*

**January 8, 2025, Dartmouth, NS** – What do you listen to when you need a rest? Do you play ambient noise? ASMR? A podcast? The answer for the dogs at the Nova Scotia SPCA is a rotation of classical music, reggae music, and audiobooks – a bonus if the protagonist is a dog.

This week the [Nova Scotia SPCA](#) launched a pilot program in the Dartmouth shelter called *Operation Hit Snooze*. From 11 a.m. until noon each day, the lights in the dog rooms will be dimmed, while music or an audiobook plays, giving the dogs space for a rest. No interruptions for walks, meeting potential adopters, or playtime. An important step in reducing the length of stay in shelter.

“Research has shown that shelter dogs who get rest during the day become better suited to their environment. The day rest (nap time) helps the dogs display signs of calmer behaviour, making meeting potential adopters a more positive experience for all,” says Sandra Flemming, Chief of Capital Planning & Shelter Operations Advisor.

“Sleep benefits dogs in many ways including physical health by allowing muscles time to recover from activity, mental rest, helping to consolidate memories and refresh cognitive functions,” says Dr. Mike Ackerley, DVM [Tartan Tails Veterinary Hospital](#). “Well-rested dogs are more alert and responsive, their immune system gets a boost, and like humans, helps their mood regulation.”

Dr. Ackerley says that on average dogs should sleep 12-14 hours a day, but that will depend on factors such as age, breed, and overall health. Puppies and senior dogs often reach 18 hours a day.

OpeaShelters are workplaces with staff, volunteers, adopters, and many other animals. After a busy morning, this designated rest time will mean they are refreshed and ready to meet their future family. The Dartmouth staff are monitoring how the dogs react to their nap time, with a plan to make any changes before rolling it out to all the other shelters in the province.

The Nova Scotia SPCA appreciates potential adopters' excitement about meeting a dog

and everyone's patience in respecting this downtime during open hours.

As part of this pilot, another enrichment activity to improve the lives of animals in our care will be music played before and after nap time. Nova Scotians can donate to help make *Operation Hit Snooze* successful and rolled out to all locations, at [www.novascotiaspca.ca/hitsnooze/](http://www.novascotiaspca.ca/hitsnooze/). Supporters will receive a playlist so they can nap along with our SPCA dogs.

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### About the Nova Scotia SPCA

Proudly following no-kill principles, the Nova Scotia SPCA is a registered charity that helps companion animals in need. Last year, approximately 16,000 pets were helped through animal rescue, progressive programs, and rehoming opportunities. The Nova Scotia SPCA does not receive any government funding for their shelters, so the SPCA relies on community support to help care for local pets in need. To learn more visit [www.novascotiaspca.ca](http://www.novascotiaspca.ca).

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Image and Videos: [\*Operation Hit Snooze\*](#)

Supporting Research: [Napttime! Lights Out for Better Health in Shelter Dogs – Dakin Humane Society](#)