

# Should you share your bed with your pet?

By Don Champion and Arielle Miller, CBS News

It's one of the great debates among pet owners: should you let your dog or cat sleep on the bed? Some germophobes would never consider it, while others love snuggling up with their pet at the end of the day.

One concern, however, has been whether sharing a bed with your pet may disturb your sleep. Many sleep specialists advise against it.

But a recent study from the Center for Sleep Medicine at the Mayo Clinic in Arizona could help lay those fears to rest.

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