

FREQUENTLY ASKED:

# How long does it take a cat to settle in?

*As guided by Amy*

FOUNDER, NOOSA COUNTRY CAT HOTEL

## Every Cat Is Different

There is no set timeframe for settling in. Personality, past experiences, age, health and how much their routine changes all influence how quickly a cat feels comfortable. Some cats relax within hours, others take days or even a couple of weeks.

Sparkes, A. H., et al. (2019). J Feline Med Surg, 21(1), 5–19.

## Many Cats Begin to Relax Within the First Week

Research shows that most cats start to show signs of relaxation and exploration within the first 3–7 days when their environment meets their needs for safety, choice and routine. Progress is often gradual rather than sudden.

Martens, P., et al. (2021). Animals, 11(6), 1712.

## Look for Small Signs of Progress

Subtle changes show your cat is adjusting, such as eating regularly, grooming, using the litter tray confidently, relaxing body posture, curiosity or venturing out to explore. These small steps are all positive signs.

Stelow, E. B., et al. (2020). J Feline Med Surg, 22(7), 587–598.

## Routines and Predictability Help Them Settle

Cats are creatures of habit. Consistent feeding times, quiet environments, gentle interactions and familiar daily routines help them feel safe and allow them to relax more quickly.

Bennett, P. C., et al. (2017). J Vet Behav, 17, 17–23.

## Some Cats Take Longer, and That's Okay

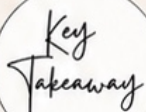
Shy or sensitive cats, or those with a past history of stress, may need longer to feel secure. Given time, patience and the right environment, most cats will settle in and feel comfortable in their own time.

Rochlitz, I. (2015). J Feline Med Surg, 17(3), 220–232.

## We Work at Their Pace

We never rush the settling process. We give each guest the time, space and support they need. Our goal is for every cat to feel safe, relaxed and confident – not to have them settled on a timeline.

International Society of Feline Medicine (2021). ISFM Guidelines for the Environmental Needs of Cats.



Most cats begin showing signs of relaxation within the first week, but every cat adjusts at their own pace. With time, predictability and a calm environment, they will feel at home.

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FELINE CARE

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WELLBEING  
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