

# **ATHENAS PETS**

## **HUMANE BARK COLLAR TRAINING GUIDE**



**STOP YOUR DOG'S BARKING WITHOUT  
SHOCKING THEM IN UNDER 1 WEEK**

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# What You Need to Know About Using a Humane Bark Collar

## It Will Require Work

There is an old saying that says, “hard work pays off,” and in many cases this is true. It is no different when training your dog, no matter what type of training you are attempting to do. In this case, the first thing you must do to prepare yourself for training is to understand that this collar is not by any means a “quick fix” that will take your barking dog and magically turn it into a well behaved, model dog. This **WILL** require work on your part as well as your dog’s. If you are willing to invest the time and effort, this collar will serve as a valuable tool to speed up the process and make the training you are about to start get accomplished much more effectively.

## Barking Conditions that Require Special Training

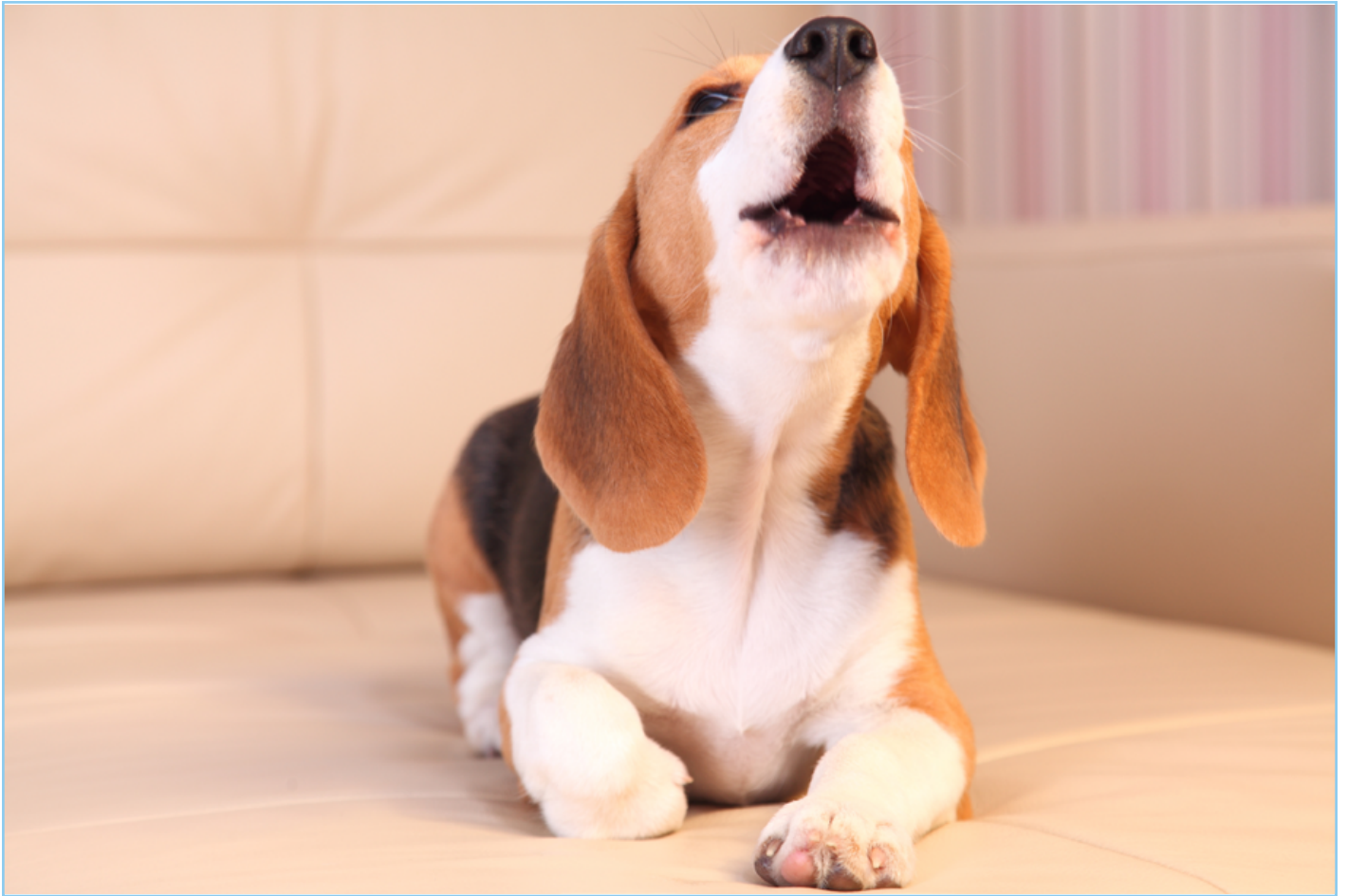
For the most part, dogs bark because it is rewarding to them. When a dog barks at a squirrel or at the mail man for example, they experience dopamine release in their brain similar to when humans do something rewarding like cash a large paycheck or eat a nice meal. This “nuisance barking”, as it is called, can be easily solved with the proper training techniques that will be described in this eBook and a bark collar like the one you just purchased. However, there are some barking conditions that have a deeper cause that must be addressed first before any of the training in this eBook will work.



## Separation Anxiety

In some cases, a dog may bark due to separation anxiety when their owner is away from the home. You can tell if your dog has separation anxiety if your dog only barks when you are away from home or if your dog barks for long stretches of time when you are away at a similar tone and then pauses slightly like they are waiting for a response before continuing to bark again. Many times, the bark ends with a high pitch as if posing the question, “where did my owner go?” Another tell-tale sign of separation anxiety is when you return home after time away to see problems that you don’t experience when you’re home with your dog, such as soiled floors or damaged furniture.





If you are aware that your dog is experiencing one or all of these types of barking, it is likely that they have some sort of separation anxiety which is an issue that needs to be solved first before any barking problems are addressed. The bark is a product of the separation anxiety that the dog is having in this case rather than the source of rewarding dopamine as mentioned above. In this case, it will confuse your dog to simply leave the collar on it and walk away which could lead to worsening conditions of barking and/or aggression. **DO NOT** use the Athenas Pets Humane Bark Collar until you have tackled your dog's separation anxiety issues. You can learn more about how to treat separation anxiety at [athenaspets.com](https://athenaspets.com).

## Old Age

Another common source of barking for older dogs is their old age. Many times, like humans, dogs start to lose sharpness in their senses of sight, smell, touch, and hearing. When dogs start to experience this, they get a little confused and oftentimes resort to barking as a way to cope with this loss of sharpness in their senses. They also do this to draw attention to themselves to let their owners know that something is not the way it used to be. The best thing to do to solve your dog's barking due to old age is to try and find out how you can help them adjust to their old age by observing their behavior and understanding what they are doing differently

than they used to. You can find more information about how to nurture your aging pup on [athenaspets.com](https://athenaspets.com).

## Stubborn or “Tough” Dogs

Since you have made the choice to go with a Humane Bark Collar, we understand that you are committed to training your dog without sending static shocks through their bodies to do so. In most cases, the Athenas Pets Humane Bark Collar is an extremely effective tool to successfully imitate the “punishment” of a static shock with a more bearable vibration stimulus instead. However, there are instances where dogs are too stubborn or “tough” to consider the vibration a sufficient punishment to achieve the results that you want, to get them to stop barking, even long enough to complete the rest of the training steps.

Sometimes, your dog’s lack of attention to the vibration could be attributed to poor fitting of the collar. The collar should be tight against the dog’s neck for optimal performance. This will be covered in-depth in a future section of this book, but keep in mind that some dogs will need a little extra “motivation” in order to change their behavior which may result in the need for a shock collar should you wish to curb your dog’s barking. After all, the whole training process should only last anywhere between two weeks and two months, so no matter which collar you use, the goal is never for it to be permanently housed on your dog’s neck.

## Please Read the Rest of This eBook and the Product Manual

When dealing with anything electronic that could impact the health of your pup, it is important to thoroughly understand how to use the device and what its capabilities are. The Athenas Pets Humane Bark Collar is no different. Although it is extremely simple to use the device itself, incorporating it into your training in a way that will create the results that you want requires a more in-depth understanding of how the device works.

Please continue to read this eBook in its entirety along with the product manual so that you can offer your dog the most friendly and effective training experience possible. In the long run, it will save you time and headaches from future problems that can arise as a result of improper use of this or any bark collar.

# Unboxing and Preparing for Training

## Learn About the Athenas Pets Humane Bark Collar

There are a few important things that you should know about how the Athenas Pets Humane Bark Collar operates. The collar does **NOT** shock your dog, but it can still be dangerous to your pet's wellbeing should it be used improperly. Below is a simple overview of how the collar works and what happens as your dog barks.

### Turning the Collar On/Off

To turn the collar on or off, hold down the power button for approximately four seconds. The photo depicts the power button's location.

### How the Athenas Pets Humane Bark Collar Detects Barking

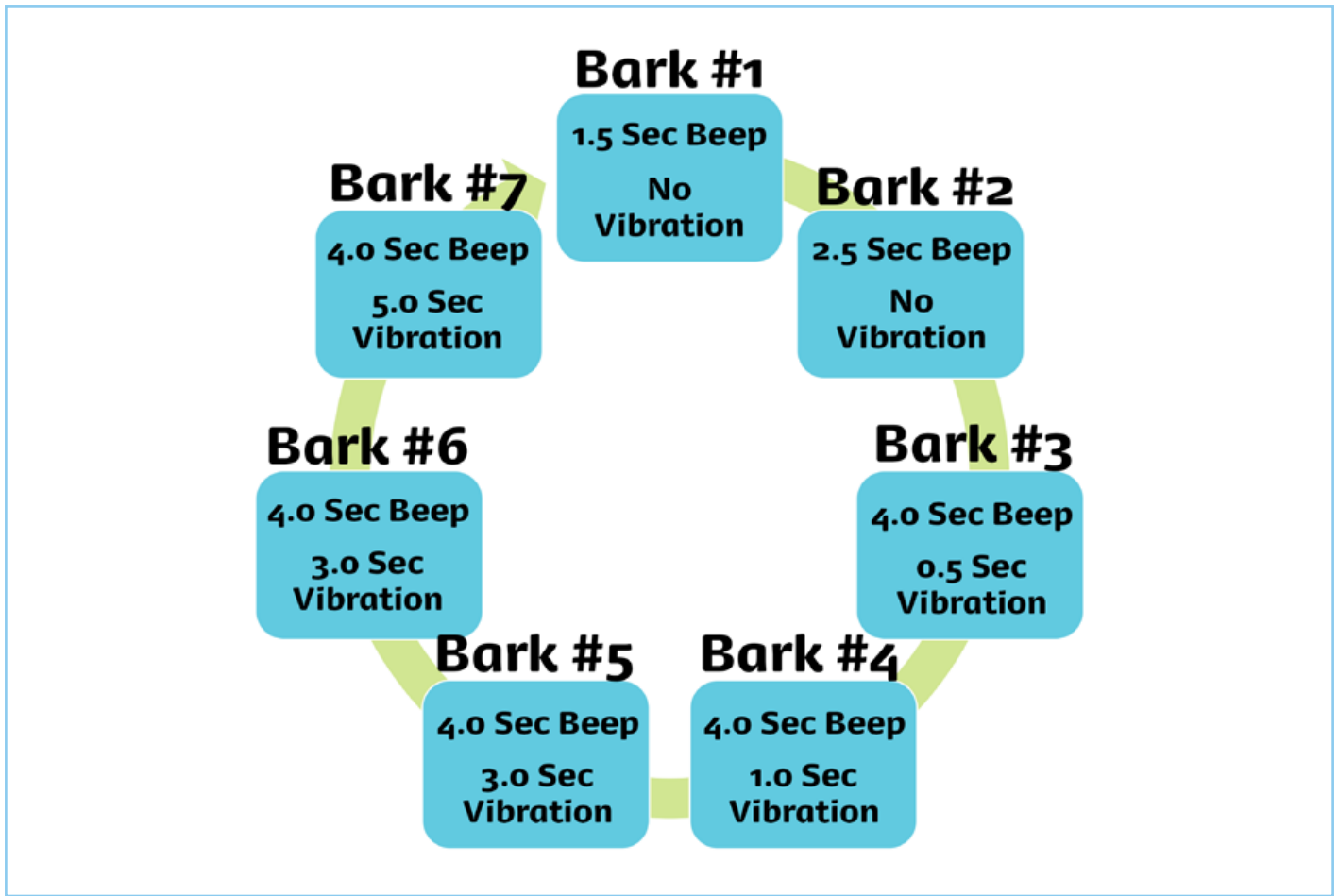
The Athenas Pets Humane Bark Collar detects barking with advanced processor technology that focuses only on your dog's barking and ignores the barking of other dogs by capturing the vibrations from your dog's throat. The visual depicts where the point of contact for the vibration sensor is.

You can use your fingernail, a coin, or press it to your own throat and actually bark to test this sensor out.



### What Happens When Your Dog Barks

When your dog barks for the first time wearing the collar, it will start the "punishment" cycle and the LED light will remain green. You want the beep/vibration to be associated with your dog's bark(s) and you want it to get more intense as your dog barks repeatedly in quick succession. The Athenas Pets Humane Bark Collar has advanced technology that adjusts the stimulus given to your dog depending on the dog's barking pattern. Every time your dog barks once more within 40 seconds of its previous bark, the collar will increase the intensity until it reaches level seven. Once the collar reaches level three, the vibration kicks in to add an extra incentive for your dog to stop barking and the LED light will start to alternate colors and flash quickly.

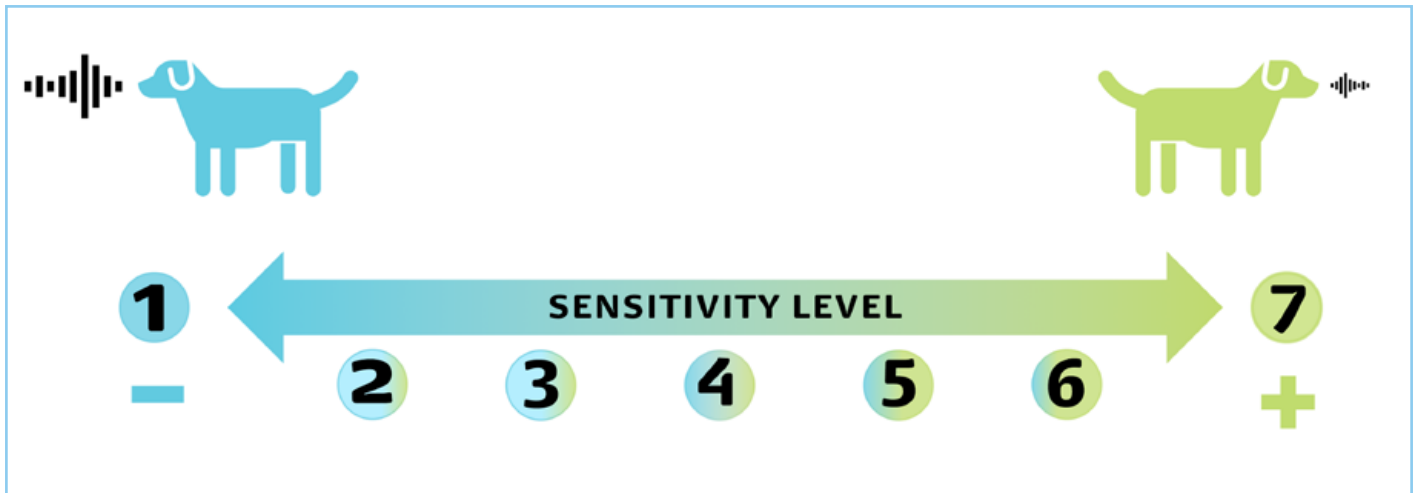


The graphic above depicts the cycle that the collar goes through for each of your pup’s barks within 40 seconds of the previous bark. After the seventh bark episode in the cycle, the collar will enter a one-minute sleep mode where the light will alternate between red and green slowly until it is ready to detect barking again. After level seven, it is counterproductive to continue “punishing” your dog. Once you have reviewed the training section of this eBook, you will understand that proper training setups shouldn’t require your dog to ever reach this level, and if they do, it will be better that the collar pauses to give you and your dog time to regroup.

## What the Sensitivity Level Is and How to Change It

The Athenas Pets Humane Bark Collar comes with seven levels of sensitivity. The collar sensitivity is similar to the sensitivity of your skin. The more sensitive your skin is, the less it is going to take to irritate it. The opposite is true if your skin is less sensitive; it will take more to irritate it. The collar operates in much the same way. By pushing the “+” and “-” buttons on the top of the collar, you can make the collar more sensitive “+” to your dog’s bark, meaning that your dog’s softest barks will set the collar off, or you can make the collar less sensitive “-” to your dog’s bark, meaning that only your dog’s loudest





barks will set off the collar. The graphic above visually represents the way that the sensitivity level works.

If you feel that the collar is not going off when your dog barks, you should try turning the sensitivity up “+” and/or making sure that the back of the collar is pressed firmly against your dog’s throat in order to accurately capture the vibrations. If you feel that the collar is going off randomly or is catching small noises made by your dog that you don’t mind, try turning the sensitivity level down “-“ and/or making sure that the back of the collar is properly pressed against your dog’s throat in order to accurately capture vibrations and prevent false triggering.

You will need to play around with the sensitivity level to get it to your desired level and every dog and owner is different so there is no magic setting that works for everyone. Just like the other functions of the collar, this is a functionality that can drastically improve the performance of this training tool if used properly. However, if it is used incorrectly, it can cause confusion and create more problems than those that existed previously.

## Charging the Collar

To charge the collar, flip up the rubber plug on the bottom and insert the circular end of the supplied charging cable into the port until it no longer goes any further (Note: the circular end may not insert all the way into the device). Plug the other end of the charging cable into any USB compatible device (i.e. computer, phone charger, car charger, etc.). When finished charging, be sure to properly replace the rubber plug on the bottom or the collar will not be fully water resistant. The fully-charged battery should last about two weeks with moderate use and takes approximately one hour to charge completely. The collar must be charged when the LED light flashes red slowly for 30 seconds and then turns off automatically. The collar may also have low battery if it does not vibrate after level three of the bark cycle shown in the [“What Happens When Your Dog Barks”](#) section. Below is an example of the collar charging.



## Putting the Collar on the Dog

Once you are sure that your dog is no longer afraid of this foreign device, it is time to place it on their neck. The collar must be turned **OFF**. Make sure that you put the collar on tight. The collar shouldn't be so tight that the dog is choking or uncomfortable, but it needs to be snug enough that the probe section is making tight contact with the smallest area of your dog's throat without restricting their range of motion. If the collar is too loose, other noises could cause the collar to go off or your dog may not feel the vibrations. If your dog is extremely small, you may need to trim the excess strap with a pair of scissors for the best fit.

## Testing and Introducing the Collar to Prepare for Successful Training

The first step you should take after taking the Athenas Pets Humane Bark Collar out of its packaging is to take it somewhere away from your dog, turn it on, and test it to ensure it is in working condition and that you understand how to adjust it. You can refer to the subsections in the section, [“Learn About the Athenas Pets Humane Bark Collar”](#), to test the different functionalities and get comfortable with the device.

## Introduce the Collar to Your Dog

One of the biggest mistakes that bark collar users make is to immediately take the collar out of the box, put it on their dog's neck and turn it on. To make the training effective, you need to first get your dog used to the collar. Have your pup smell it, touch it, etc. Leave it off in the living room and let it get comfortable with the device. The idea of this step is to get the dog comfortable enough to let you put the collar on them.

After the collar is on the dog, your must leave the collar turned **OFF** for 2-5 days. This step is very important. If you dog immediately starts getting “punished” for barking by the collar, it will associate the “punishment” with wearing the collar and ultimately, your dog will only stop barking while wearing it, and remember, the end goal is to have your dog stop barking without needing the collar. You know your dog best and can tell when they are comfortable with the collar being around their neck. Usually, when your dog stops pawing at the collar or trying to shake it off, they have accepted this new item as a normal part of their lives. At this point, you are ready to begin your training.

# The Athenas Pets Humane Bark Collar Training Process

## What to Gather

**B**efore you begin, there are a few things that you must gather first. You will need the following:

- A leash connected to a normal collar (**DO NOT** connect a leash to the Athenas Pets Humane Bark Collar as you would to a normal collar)
- A toy (i.e. tug rope, tennis ball, or anything your dog likes playing with that will help keep his attention will work for this item)
- A distraction that normally makes your dog bark (i.e. a friend knocking on a door, the doorbell, etc.)

## Where to Start – A Single Dog

In this section, we will go in-depth in the training process for training a single dog. However, if you have multiple dogs, we will refer to all of the steps in this section, as you will have to train each dog individually first before slowly introducing them to training together. The additional steps of adding multiple dogs will be covered in the next section.

## The Overall Goal of Training with Any Bark Collar

Before you dive right into training, it is essential that you go into it knowing what your end goal is. The end goal of any training

involving a bark collar of any kind, whether that be a humane collar or a shock collar, is to make your dog stop barking even when it is not wearing the collar. Since you have chosen to train your dog with a humane bark collar, it is apparent that your dog's wellbeing is important to you. If you really want to make this an enjoyable learning experience for your dog, training them the right way is important. Making them wear an uncomfortable collar for the remainder of their lives is no fun, so we've created the following steps so that you only need to use the collar for one month max in most cases.

## Step 1: Distract Your Dog

You want to start out this training process by making it seem as far from a training session as possible for your dog. Be very natural and make it seem like you are taking them out for a fun time. Walk them around with the leash and/or play around with your toy of choice with them. This process of distracting the dog will need to be repeated throughout the training process and we will refer to it as **RESETTING** your dog.

**RESETTING [RESET]:** Distracting your dog and bringing them to a neutral state where they feel they are in a normal setting and are oblivious to the fact that you are trying to train them.

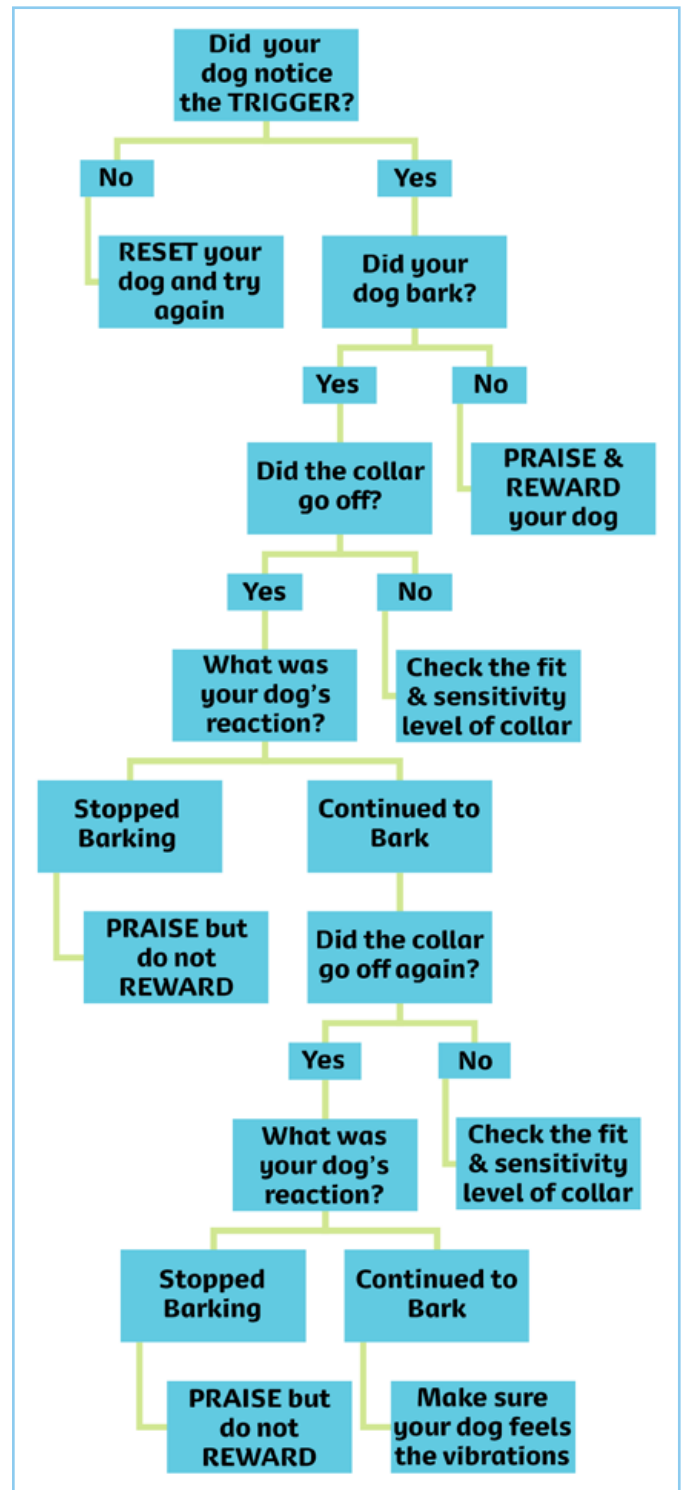
## Step 2: Introduce the Barking Trigger

In this step, we want to introduce whatever it is that makes your dog bark into the equation. Some examples may include a neighbor knocking on the door, a delivery person ringing the doorbell, a loud noise, a small child, and so on. It is important that you observe your dog's response to this event which we will refer to as a **TRIGGER** since it triggers their barking. The flow chart to the right lists the yes or no questions you should answer after the **TRIGGER** is introduced. You should perform the proper action(s) based on your answers to the question(s). When you reach the end of a chain in the flowchart, **RESET** your dog and start over from the top of the chart.

**TRIGGER:** Any event, object, sound, scenario, etc. that causes your dog to bark on a regular basis.

**DISCLAIMER:** Like we spoke about at the very beginning of this eBook, some dogs are too stubborn or “tough” to react to a humane bark collar of any kind. If your dog does not even register the beeping or vibration of the collar, make sure that it is tight enough and try again. However, if this lack of reaction or care continues, your dog may require a shock collar since the beeping and vibration is not enough of an incentive for them to cease their barking.

**PRAISE:** Saying “Good Girl/Boy!” and petting your dog. In other words, show them some love!



**REWARD:** Giving your dog a small treat or kibble as a reward.

### Step 3: Slowly Increase the Intensity of the Trigger

Before moving into this step, you should have already had many successes (success is defined as any “**PRAISE**” ending in the flow chart or by your desired outcome) in the previous step.

The process for this step is exactly the same as the process outlined in the flow chart from [step 2](#). The only difference is that you will now increase the intensity of the trigger. For instance, if the first trigger you used was a friend or neighbor giving a single light knock on the door, this time try three fast loud knocks or ringing the doorbell. Again, this depends on your dog and what exactly makes them bark. It is up to you to decide what an effective **TRIGGER** will be for them and how you can make it more intense to increase the extremity of the training, which is what you want.

### Step 4: Plan Out Your Training Times Strategically

Because you don't want to undo any of your training and you definitely don't want to overdo it with your dog, it is recommended that you do not leave the Athenas Pets Humane Bark Collar turned on for more than 12 hours at a time while on your dog. Try to take it off before bed and replace it in the morning if you can. This will also give you some time to charge the collar if needed. It is up to you whether or not you choose to leave the collar on your dog while it is turned off. However, make sure you leave the collar on your dog for at least an hour after replacing it before turning it on and beginning training.

Additionally, you want to be mindful of when the collar is turned on and when it is turned off. If the collar is turned on, make sure you are present, at least for the first few days of training. If you are not in the area and engaged, your dog can get confused by the beeping and vibration which can be counterproductive to the training that you are working so hard on. It is important that you reinforce the collar's stimulus with **PRAISE** and **REWARDS** as mentioned in [step 2](#). Ideally, you only want the collar turned on while you are 100% focused on training your dog.

If the collar is turned off, it a good idea to keep it on your dog so that they can get used to it being there and associate the beeping and vibration with barking rather than with the collar. However, it can be nice to remove the collar every now and then to give your dog a little break from wearing it.

### Step 5: Make Training Sessions More “Normal”

In this step, you want to try to normalize training sessions as much as possible. What does this mean? Well, you want to make it seem like there is no training going on at all. You want to act as if it is a normal day where you and your pup are going about your day-to-day business. However, you will be secretly alert and ready to train.

You are going to want to repeat steps 3-4 while in this normal setting. Again, what this “normal” setting is depends on what a normal day in your household looks like. An example could be watching TV, working in the

kitchen, ironing clothes, etc. Anything that you do regularly that tells your dog that it's just another day.

Remember, your overall goal is to eventually have your dog not bark without needing the collar. Dogs are smart creatures and they can tell the difference between a normal day and a training session. If you want to be able to peacefully enjoy your day-to-day life without the barking you are here to eradicate, you need to imitate the day-to-day life as much as possible in your training sessions to show your pup that they need to act this way at all times, not only on special occasions when you take them out for training.

## Step 6: Remove Yourself from the Situation

Your next goal is to make sure that this behavior stays constant even when you aren't right next to your dog to police them. As a reminder, this is not meant to be a cure to separation anxiety, it is only meant to be the next step in training your dog not to bark at the triggers you have been using in the previous steps while you are not around. To achieve this result, you will want to **RESET** your dog by playing with them a little bit then saying, "goodbye," like you normally would when you leave and walking out the door. You will need to try to make it as obvious as possible that you have left and most likely won't be coming back for some time as if you went to the store, to work, etc. However, you need to be somewhere where you will be able to hear your dog bark. Now you should repeat [steps 2-4](#), coming back into the house to properly **PRAISE** and **REWARD** your dog

as you did previously.

This step will be difficult because dogs are smart animals. After the first few times that you come back inside and leave again, they will realize that you are not actually leaving and are still there. Therefore, it is very important that you incorporate [step 4](#) into this step. Plan out your training sessions strategically in between real outings where you will be gone for long periods of times to keep your pup on their toes. These sessions should be rather short, ranging from three to five attempts before your dog catches on to your scheme.

## Step 7: Turn the Collar Off

This step is simple to explain but may be tough to execute depending on how well your training has gone thus far. Essentially, you want to turn off the collar while still leaving it on your dog. Now you will repeat [steps 1-6](#) with the hopes that your dog will resist barking without the need for the collar to stop them. If your training in [steps 1-6](#) is going well, this step can be a breeze! But if your dog still needs some work in the prior steps, it is best to continue working with them while the collar is turned on and achieve your desired success rate before moving on to this step.

## Step 8: Remove the Collar

Just like step 7, this step will be extremely easy if your dog has been successful at completing all of the previous steps and you have properly followed the training provided in this eBook. However, if your dog has had some trouble, you may

need to continue working with them on [steps 1-6](#) while the collar is turned on and attached before moving on to this step. In this step, you will repeat [steps 1-6](#) after removing the collar from your dog.

## Step 9: Be Patient

This is one of the most important steps of the entire process. Without patience, you will not achieve the results you desire with your dog. The Athenas Pets Humane Bark collar nor this training eBook will curb your dog's barking completely overnight. However, with time and effort, the results will come quickly, and if done correctly, will be permanent. Dogs are very smart and will take time to train, but to your benefit, since they are intelligent, they will remember their training and behave just as they were taught. I think that you will find this experience training your dog to be rewarding for both of you in more ways than simply putting a stop to your dog's barking. Always remember to take a deep breath and take things step by step, day by day, and celebrate small wins with your pup. In no time, you will see how far both of you have come through this experience!

## Where to Start – Multiple Dogs (PLEASE READ “Where to Start - A Single Dog”)

When training multiple dogs to stop barking with a bark collar, it is similar to training a single dog with some minor changes. First, you will want to individually train each dog using [steps 1-6](#) from above. Once you have successfully trained each dog individually, you will want to repeat the same steps introducing one new dog at a time to

the training. Each dog should have their own collar. You will want to start with the least “problematic” dog first and then gradually work your way to the most “problematic” dog. Now you can move on to [steps 7-9](#) with all of the dogs, again, first individually, then introducing one at a time.

Training multiple dogs will of course be a more challenging process than training one single dog. However, it can be done! Keep a positive attitude and be patient. I cannot stress this enough. If you want the collar and this training to help you reach your goal in a healthy manner, you need to be patient and stay positive, chipping away at your dogs' barking one training session at a time and keeping track of the progress over time. Before you know it, all of your dogs will be so silent you will be asking “who are you and what did you do with my dogs!?”

# Final Thoughts

**W**e have now concluded our training tips and have some final thoughts to leave you with before you embark on this anti-bark journey with your pup.

## Practice Makes Perfect

Your dog will not be instantly “cured” of their barking. It will take time, patience, and practice. You will find that the more you practice, the better the barking will get, and the closer with your dog you will be. Who knows, you may actually enjoy spending time teaching your dog new tricks! At Athenas Pets, we have plenty more that you can teach your pet. Head over to [athenaspets.com](https://athenaspets.com) to find out more!

## Other Barking Conditions

As we mentioned at the beginning, one source of barking that cannot be solved by use of a bark collar, at least right away, is separation anxiety. You will need to take care of this condition first before you begin training with a bark collar of any kind. We have more information at [athenaspets.com](https://athenaspets.com) on how to help your pup through separation anxiety and how to curb the symptoms. Always make sure your dog is not barking out of pain or confusion before you use any of the training tips or tools mentioned in this eBook.

## Enjoy!

After all of the hard work that you and your dog have put in to this new training, you should be able to enjoy your new peaceful home, free of loud and constant barking. We ask that you let others know what you think about the collar and the training process by leaving us a product review on [Amazon.com](https://Amazon.com). To do this, log into your Amazon account and access the “Your Orders” page. Find our product and click on “Write a Product Review”. Athenas Pets and dog shoppers everywhere appreciate your feedback!

As always, Athenas Pets strives to offer the best customer experience possible. Should you have any comments or questions about your Athenas Pets Humane Bark Collar, or if you have experienced any issues, please do not hesitate to contact us at [info@athenaspets.com](mailto:info@athenaspets.com).

Thank you for choosing to embark on a training journey with your dog and Athenas Pets! We wish you a happy training adventure and a long, healthy relationship with your pup. Please help us share this experience with other dog owners by recommending Athenas Pets to family, friends, or coworkers. May you find peace, love, and joy in your training experience!



# Frequently Asked Questions

## I put the bark collar on my dog and it doesn't beep or vibrate

Check to see that the collar is turned on by looking at the LED light on top of the collar. This light will be solid green if the collar is on (see [“Turning the Collar On/Off”](#)). If the collar needs to be charged, the light will alternate between green and red for 30 seconds before turning off automatically. The collar may beep only and not vibrate if the light is indicating that the collar needs to be charged (see [“Charging the Collar”](#)).

If the collar is on and charged, make sure that it is snug around your dog's neck. Also, make sure that the sensitivity level is high enough (see [“What the Sensitivity Level is and How to Change It”](#)). If your dog has been barking already, make sure that the collar is not in its one-minute sleep mode as described in the section, [“What Happens When Your Dog Barks”](#).

## The collar beeps and vibrates but it doesn't affect my dog

Make sure that the collar is snug around your dog's neck. If it is snug and you can tell that they feel the vibration, try to add a verbal, “NO.” to amplify the affect of the collar. As we mentioned before in this book, there are some dogs that are too stubborn or “tough” to respond to this small vibration. Your dog may be better suited for a more intense training tool such as a shock collar.

## How can I tell if the collar is working

Once the collar is turned on (see [“Turning the Collar On/Off”](#)), you can check to see if the collar is working by running your fingernail or a coin across the “TEST” ridges on the part of the collar that faces the dog's throat (refer to the graphic in [“How the Athenas Pets Humane Bark Collar Detects Barking”](#)). Additionally, you can actually press the collar to your own throat and bark as if you were a dog!

## How long should training a dog with this bark collar take

Although we have seen good results in less than a week, the typical time ranges between two weeks and two months for permanent results, which is where the dog no longer needs the collar to stop barking. However, every dog is different; some are smarter or more stubborn than others and can learn quicker or slower respectively.

## The LED light is alternating between red and green

If the LED light alternates slowly between red and green for 30 seconds then turns off automatically, the collar needs to be charged (see [“Charging the Collar”](#)). If the LED light alternates between red and green for one minute then returns to solid green, then the collar was going through a one-minute sleep

cycle, which is what happens after Bark #7 in the bark cycle (see [“What Happens When Your Dog Barks”](#)).

## Additional Questions

If you have any additional questions that were not answered in this eBook, please reach out to us at [info@athenaspets.com](mailto:info@athenaspets.com). We strive to provide the best experience possible for you and your pup, so we want to make sure that you have all the information you need to have a successful, healthy and rewarding training experience.