

## Eligibility for an ESA letter - 2022 Guide

Emotional support animals (ESAs) have increased in popularity due to a large number of people becoming victims of mental illnesses in present times. ESAs provide support, love, care, compassion, and companionship to their owners suffering from mental disorders. An [esa letter online](#) is suggested by a licensed mental health specialist. The specialist evaluates the mental health of a person for at least 6 months before concluding that a person needs an ESA for their mental disability. In order for a person to qualify for an ESA, he or she must have such a psychological disability that makes him or her eligible to get mental and emotional support.



This letter allows the owner to stay with his ESA in housing societies or rental apartments, even if the landlord does not allow pets in there. Therefore, the letter is often referred to as an [esa letter for housing](#) too. Moreover, ESAs, on the basis of this letter, are also allowed to travel with their owners on planes and enter airports too.

After a person gets the recommendation letter from a mental health expert to get an ESA, the next stage is to officially get an animal as an ESA. This animal can belong to any species and can be any breed. There is no restriction on these, except that they must not be dangerous.

Generally, people choose the animal that they would like to have as an ESA depending upon their likes and dislikes and other preferences. However, sometimes, the animals are recommended depending upon the requirement of the owner too.

For instance, some animals are better at showing physical support, while others are intelligent and understand their owners better. One of the most common issues faced by psychologically disturbed individuals is the disturbance in their sleep and sleeping disorders. Hence, many people who have mental issues and are recommended an ESA, often like to get one that can help them improve their sleep pattern and quality too.

In order to help such people, this article will explore which animal is the best option to help with sleeping issues and why.

The animal that is used as an ESA only qualifies for the designation if it is capable of supporting the owner emotionally, even if the owner does not show a good temperament on certain occasions. When the mental health experts, after the complete examination, find out that the person is qualified for the ESA, he or she would provide an [emotional support animal letter](#). This letter is the only legal document required to get an ESA.

Cats, dogs, rats, rabbits, guinea pigs, horses, mice, and donkeys are some of the animals commonly used as ESAs. Each of these animals and other ones used as ESAs has its own benefit. However, dogs are the best ones to help in improving sleep and getting rid of sleep-related issues like insomnia, nightmares, parasomnias, sleep apnea, and narcolepsy.

As per the reports, one in 3 citizens of the United States of America suffers from one or the other form of sleep disorder. It means the need for an ESA to treat sleep disorders is huge. As a result, the research on which animals are better and why dogs are best in terms of helping in sleep-related issues is enormous. All of these researches, however, suggest the same, i.e., dogs are the best assistance when it comes to sleeping well.

Dogs are naturally considered to be the best sleep partners. They are best when it comes to dealing with nightmares. When a person sleeps with a dog in the bed, it often helps them have fewer nightmares and feeling more secure during sleep.

Having an [emotional support dog letter](#) around you can help you relax and hence sleep easily and well. Dogs are also trained for assistance in improving the sleep patterns of their owners. They help you feel relaxed, create a sense of security, and reduce overall anxiety through their love, companionship, and support.

To further authenticate the benefits of dogs in improving sleep patterns, one research was conducted that compared the benefits of various pets when used as sleep partners. More than 70 million residents of the United States of America own a pet. Among these, almost 60 percent use their pets as their sleep time or bed partners. When the effects of these pets as sleep partners were studied, it was shown that the dogs have the highest influence over the sleep pattern of their owners.

Hence, science also validates that dogs are the most influential and helpful sleep companions. Although some people say that in the initial stages if they co-sleep with their pets, they felt disturbed, after some time, they felt an increased sense of security, comfort and felt more at ease than before having dogs as sleep partners.

Therefore, if you are the one suffering from a sleep disorder, get very less sleep and the sleep that you get is often of bad quality and easily broken, then this is the right time to invest in an ESA dog. Have a dog in your bed and enjoy a good night's sleep.

Emotional support animals get some of the benefits that other animals or pets do not get. However, they are only granted if you have a valid [ESA Letter](#) signed by a licensed therapist. These rights are given to ESAs to ensure that they are not separated from their owners and can provide continuous love and support.

**Useful Resources:**

[Benefits Of Keeping Small Bunnies - 2022 Guide](#)

[Best ESAs To Keep For School Dorm – 2022 Guide](#)

[Adopt Two ESAs For Backyard - 2022 Guide](#)

[Unique Consideration About The Landlords - 2022 Guide](#)

[What is an emotional support animal letter? - 2022 Guide](#)

**For More Information:**

<https://linktr.ee/RealEsaLetter>