**Can You Sleep With a Walking Boot?**

It is always advisable to sleep with your walking boots. Sometimes doctors give permission to put off your boot when you take rest but definitely not while sleeping. Because without walking boot there will be a risk of re-injury.

While you are sleeping there is a high chance to injure your leg by knocking it on wall. Your partner may accidentally kick your injured leg. Even you may forget about your injury and apply pressure on your injured leg. So it is better to wear you walking boot while sleeping.

If you find discomfort with your walking shoes while sleeping then consider loosen the straps of your boots. You can put a pillow between your two legs to increase your level of comfort.

Some people used to put off their walking boots while sleeping and they did not find any problem. But this is very risky. If you want to put off your boots in your sleeping then then please be careful.

You have come to know by reading this article that if you wear walking shoes while sleeping there is not much risk. So try to wear your walking shoes while sleeping.