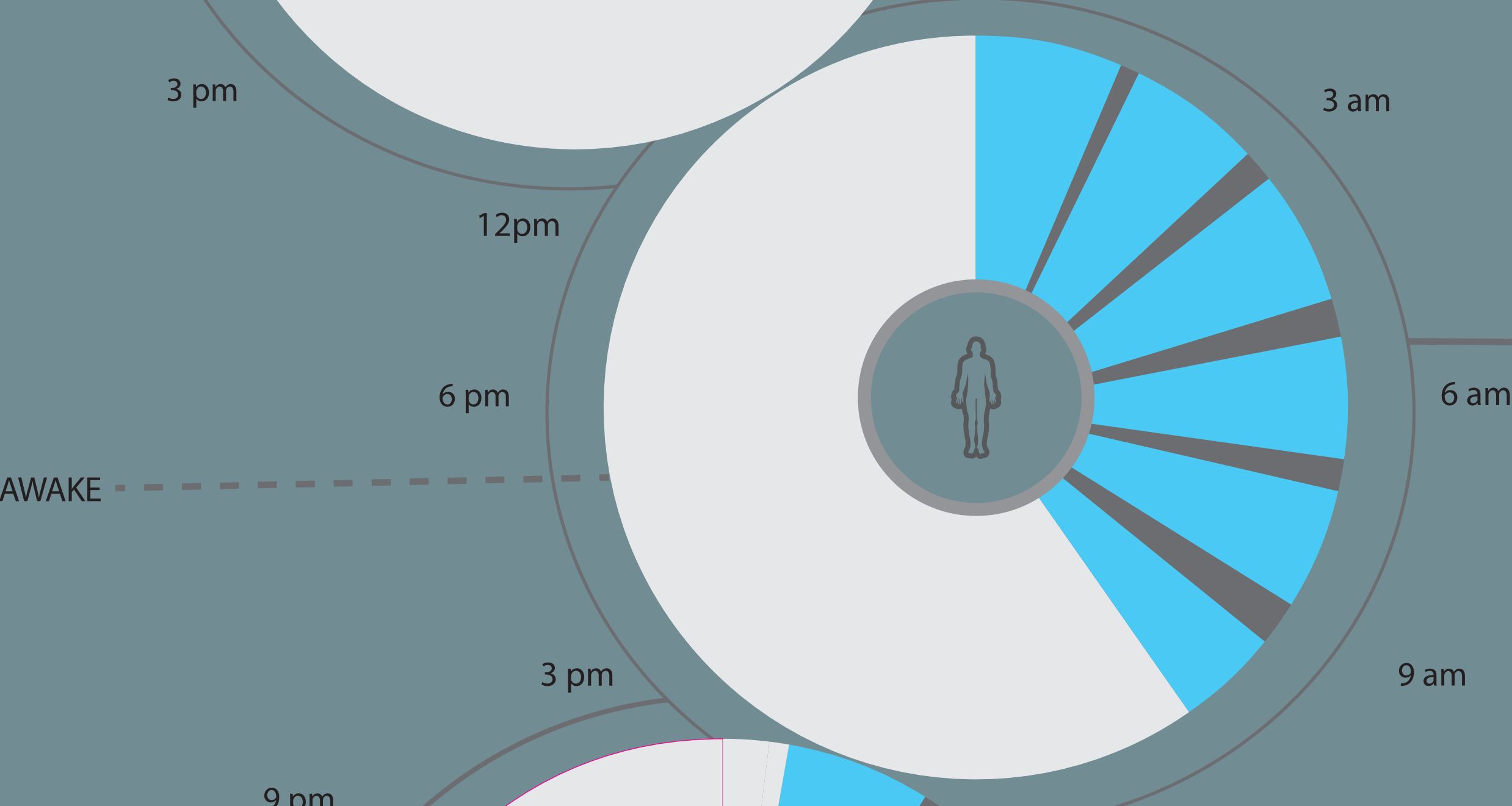
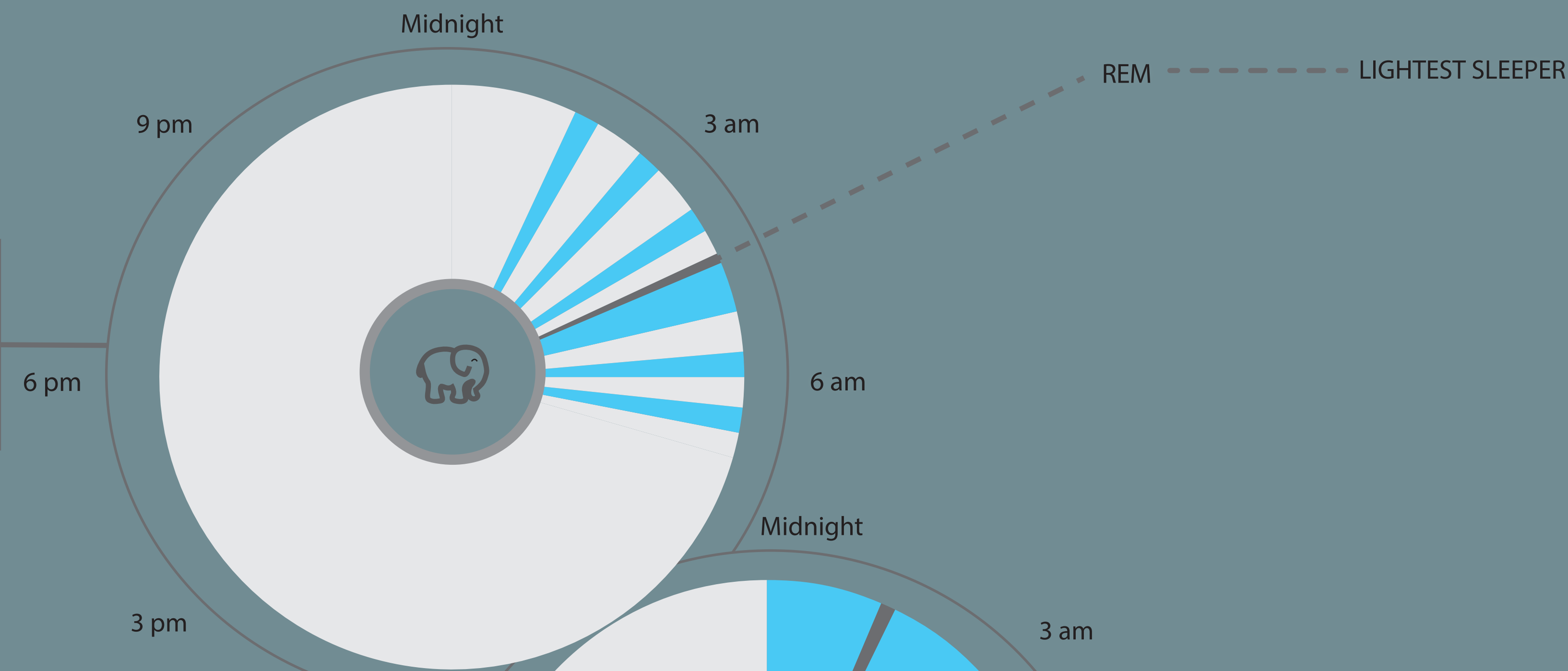


HOW DO ANIMALS SLEEP ?

10

Elephants only experience REM every few days, or they can enter this phase in short bursts of 5 to 10 seconds while standing

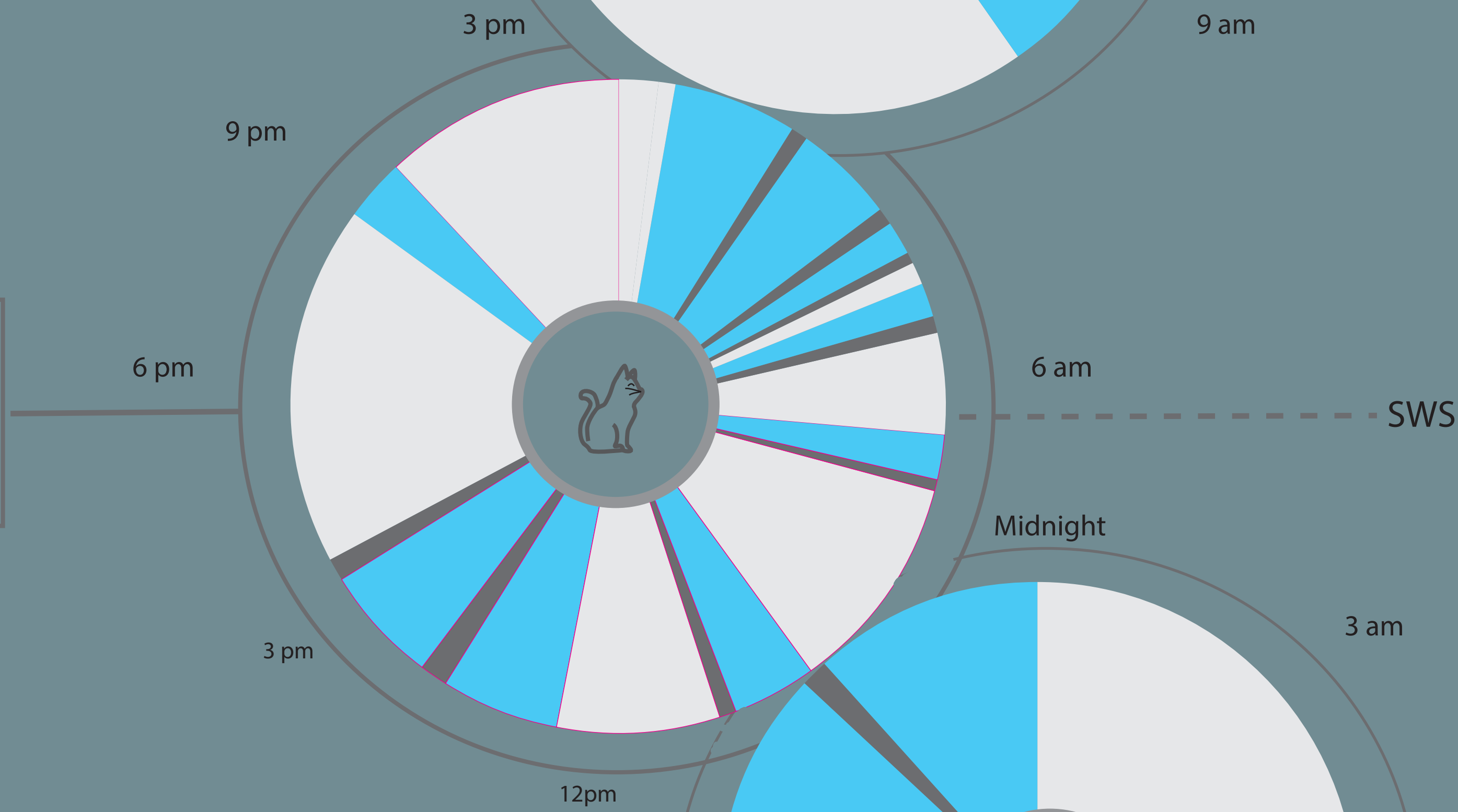


16

Being awake for 16 hours straight decreases your performance as much as if your blood alcohol level were .05% (the legal limit is .08%).

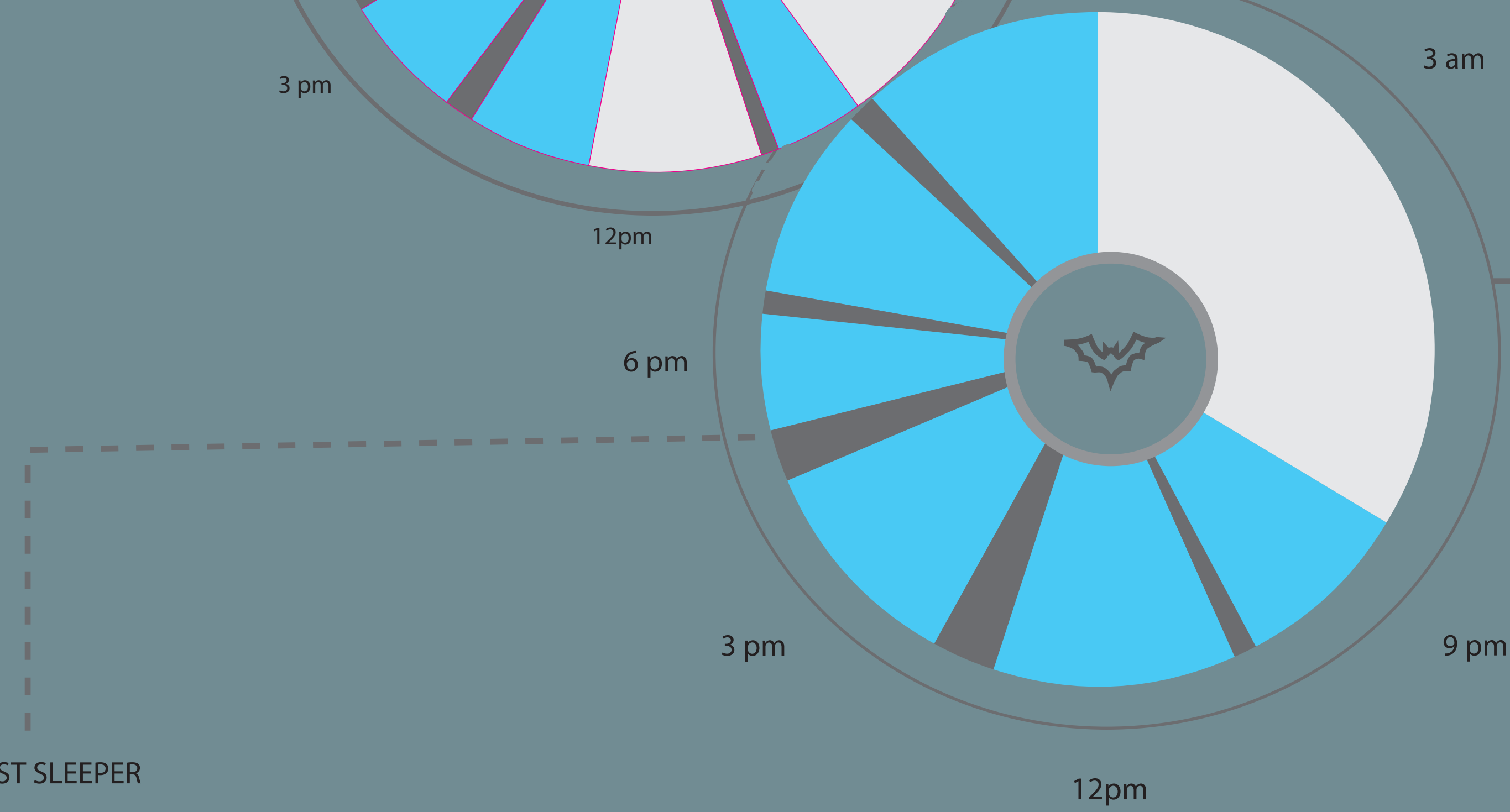
2/3

Cats sleep for about 2/3 of their lives. Young cats typically sleep around 16 hours a day and older cats may sleep up to 20!



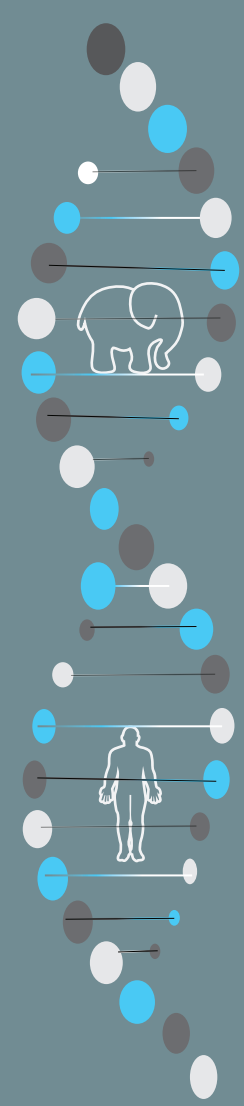
2

Bats only spend 2 hours of their day looking for food. The rest is used to socialize and sleep.

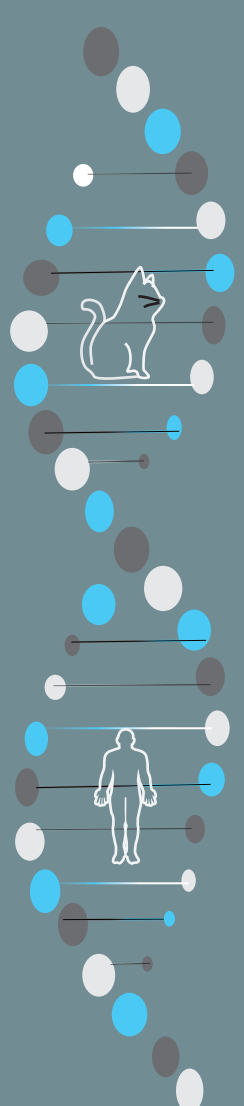


DEEPEST SLEEPER

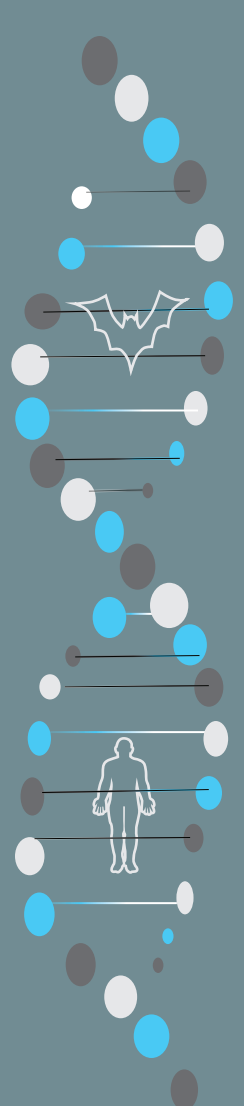
HOW SIMILAR ARE WE ?



89%



92%



96%