Come explore us Reindeer snooze chewing penguins take thousands naps per day frigate birds sleep flying Nesting chinstrap penguins Pygoscelis antarcticus get seconds shut-eye time watching chicks Izzet Keribar/Stone/Getty Images Maria Temming April 9 2024 6:30 Many us ’ get much sleep might stay late talking friends scrolling phones pull all-nighters finish important projects sometimes wake early school work perfect world humans would lay average eight hours shut-eye per night animals creatures adapted get much shorter bouts sleep Northern elephant seals instance sleep average two hours per day less 20 minutes time sea dive deep predators avoid getting eaten sleep Nesting chinstrap penguins take sleeping another extreme nap thousands times day mere seconds time allows stay alert around clock protect chicks predatory birds penguins animals evolved multitask sleep Ocean-crossing frigate birds sleep fly waves months time Reindeer meanwhile sleep eating get enough food Arctic ’ brief summer months Still human sleep patterns pretty extreme compared closest relatives primates snooze nine 15 hours day Humans may evolved get less sleep living ground — rather trees — requires time awake watch predators Plus big part human survival learning new skills making social connections learning socializing cuts sleep time Weekly updates help use Science News Explores learning environment Thank signing problem signing Reindeer chew food sleep Multitasking may help animals get shut-eye tough conditions 2/19/2024 Readability 7.4 Northern elephant seals snooze two hours day sea marine mammals sleep less 20 minutes time dives 7/18/2023 Readability 6.5 penguins nap 10,000 times day seconds time oodles snoozes add providing 11 hours actual shut-eye 1/9/2024 Readability 7.1 Let ’ learn sleep Wild elephants sleep two hours night Frigate birds spend months without landing Compared primates humans get little sleep Sleeping glass frogs go stealth mode hiding red blood cells Surprise jellyfish appear need zzz ’ cats nap whales snooze Word find