come explor us reindeer snooz chew penguin take thousand nap per day frigat bird sleep fli nest chinstrap penguin pygosc antarcticu get second shut-ey time watch chick izzet keribar/stone/getti imag maria tem april 9 2024 6:30 mani us ’ get much sleep might stay late talk friend scroll phone pull all-night finish import project sometim wake earli school work perfect world human would lay averag eight hour shut-ey per night anim creatur adapt get much shorter bout sleep northern eleph seal instanc sleep averag two hour per day less 20 minut time sea dive deep predat avoid get eaten sleep nest chinstrap penguin take sleep anoth extrem nap thousand time day mere second time allow stay alert around clock protect chick predatori bird penguin anim evolv multitask sleep ocean-cross frigat bird sleep fli wave month time reindeer meanwhil sleep eat get enough food arctic ’ brief summer month still human sleep pattern pretti extrem compar closest rel primat snooz nine 15 hour day human may evolv get less sleep live ground — rather tree — requir time awak watch predat plu big part human surviv learn new skill make social connect learn social cut sleep time weekli updat help use scienc new explor learn environ thank sign problem sign reindeer chew food sleep multitask may help anim get shut-ey tough condit 2/19/2024 readabl 7.4 northern eleph seal snooz two hour day sea marin mammal sleep less 20 minut time dive 7/18/2023 readabl 6.5 penguin nap 10,000 time day second time oodl snooz add provid 11 hour actual shut-ey 1/9/2024 readabl 7.1 let ’ learn sleep wild eleph sleep two hour night frigat bird spend month without land compar primat human get littl sleep sleep glass frog go stealth mode hide red blood cell surpris jellyfish appear need zzz ’ cat nap whale snooz word find