

Literacy This Week



Yukon Literacy
Coalition

We are a society of people dedicated to improving the quality of life of all Yukoners. We do this by building the foundational skills required for lifelong learning; acknowledging that we are all adapting to an everchanging world.

How much do you know about whales?

We were recently asked the question "How do whales sleep?". We did some research and found out these fun facts!

How do whales sleep?

Whales and porpoises are conscious sleepers, meaning they are deliberate in how and where they rest. They can choose to sleep vertically or horizontally, or sleep while swimming slowly next to another animal.

Whales and porpoises sleep with one eye open and only shuts down half of their brain. The attentive side of the brain is used to ensure they can avoid predators, maintain social contact, or continue swimming.

Do whales need to breathe while they sleep?

Another function of the attentive side of their brain is signalling when to rise to the surface for a fresh breath of air. Since whales and porpoises are mammals, they rely on breathing in oxygen to survive. They breathe through a blow hole on the top of their head, from which they expel excess water and intake oxygen when they breach the surface of the water.

Some pretty cool facts to use during your next interesting conversation!



Yukon Literacy Coalition

Suite 207, 100 Main Street, Whitehorse, Yukon Y1A 2A8

Ph: 867-668-6535 **Web:** www.yukonliteracy.com

Email: yukonliteracy@yukonliteracy.com