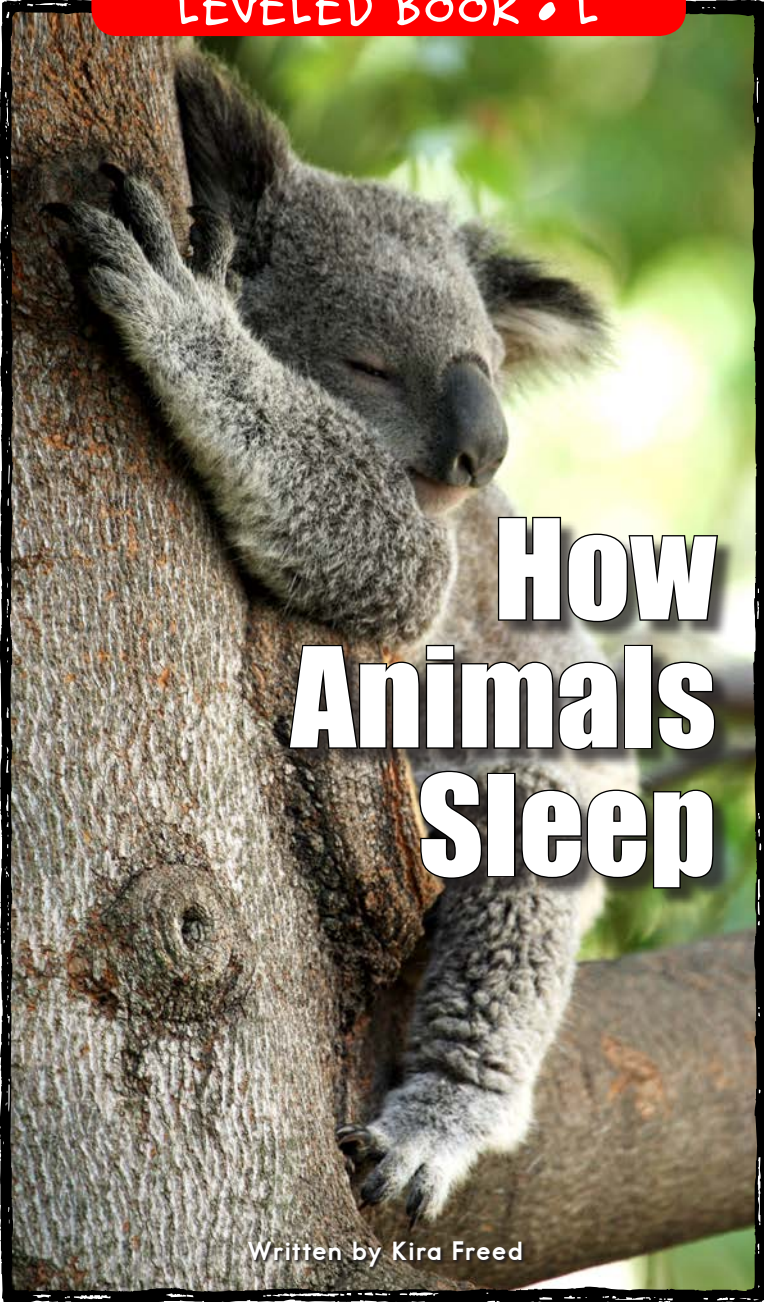


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A close-up photograph of a koala sleeping peacefully on a tree trunk. The koala's head is resting against the bark, and its eyes are closed. Its thick, grey fur is clearly visible. The background is a soft-focus green, suggesting a forest setting. The entire image is framed by a black border.

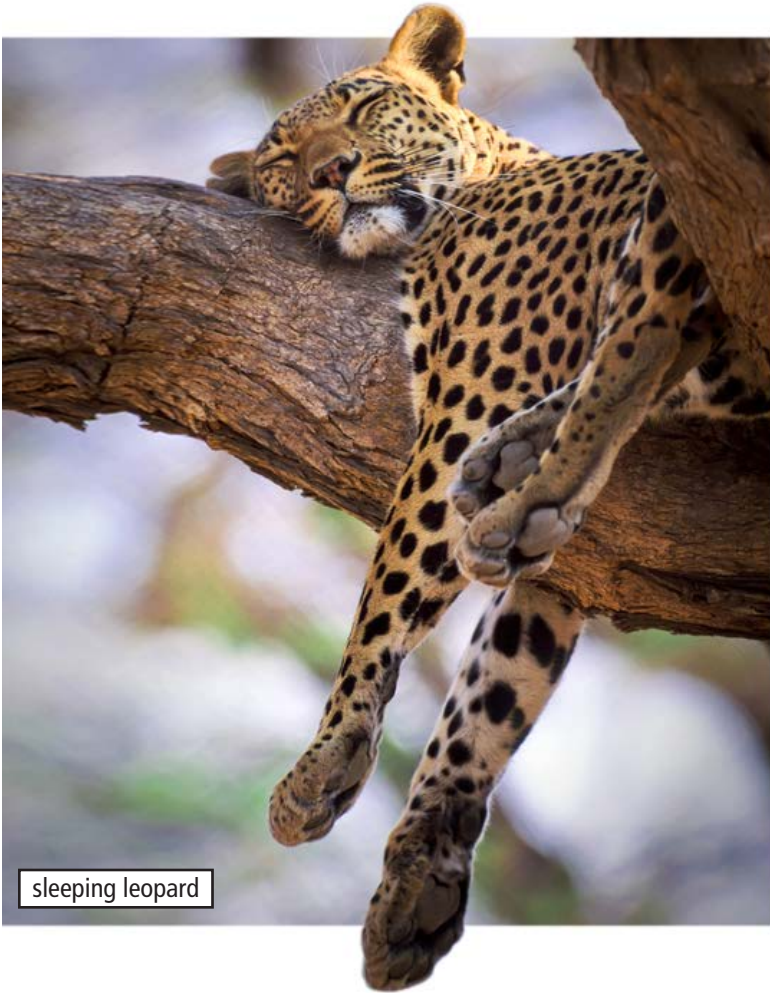
# How Animals Sleep

Written by Kira Freed

[www.readinga-z.com](http://www.readinga-z.com)



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sleeping leopard

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## Introduction

Almost all animals need to sleep to stay healthy. But sleeping can be dangerous. Other animals may hunt sleeping animals.



Animals have many different ways of sleeping that help them stay safe. Some of these ways may surprise you!

A giant panda sleeps on a high tree branch.





Fruit bats sleep during the day and move around at night.

## Sleeping Upside Down

Almost all bats sleep upside down. They hang by their toes from a branch or from the **ceiling** of a cave. Up high, bats are safe from most other animals. If they are in danger, they just fly away.

# Sleeping the Most and the Least

Little brown bats win the prize for sleeping the most. They sleep as

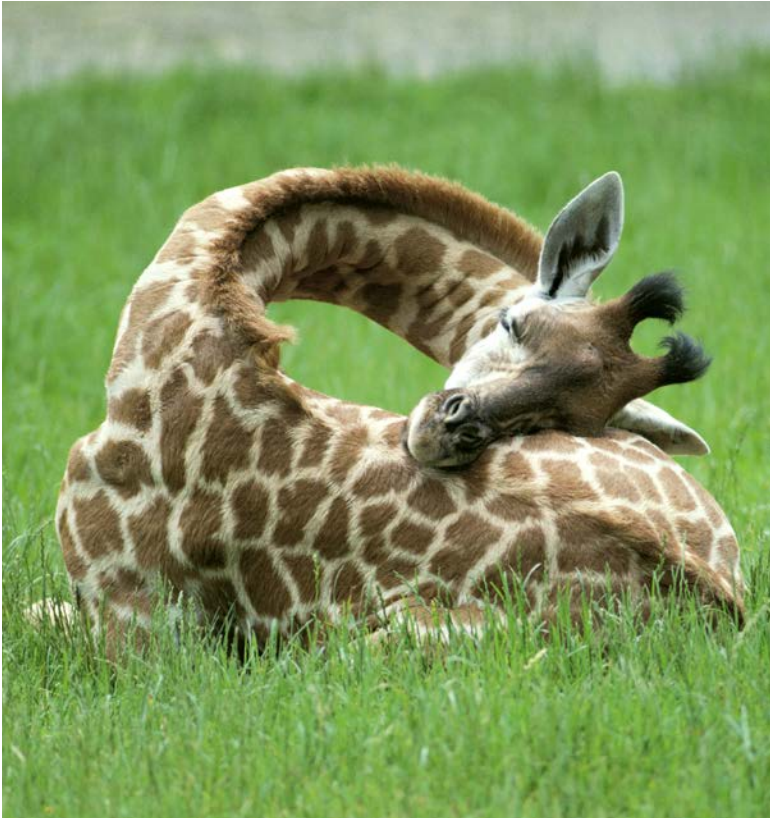


Little brown bats often sleep in caves or hollow trees.

much as nineteen hours a day. These bats are only **awake** for a few hours after the Sun goes down. They may get up again for a little while before the Sun rises.

The rest of the time is for sleep, sleep, sleep!





A giraffe curls its long neck when it sleeps.

Giraffes win the prize for sleeping the least. They lie down when they sleep. They rest their heads on their bodies or on the ground. Every few hours, they sleep for about ten minutes. Giraffes are not safe if they sleep for long periods.



A mother dolphin helps her newborn calf stay safe.

## **Sleeping with Half the Brain**

A dolphin sleeps with just half its **brain** at a time. It must stay awake to breathe and to watch for danger. Dolphin mothers and babies can go without sleep for as long as two months to stay safe.

Some ducks sleep with just half their brains, too. These ducks often sleep in a line. The ducks at both ends help keep the group safe. They keep one eye open to watch for danger. The ducks in the middle sleep deeply with both eyes closed.



Ducks sometimes sleep with one eye open to watch for danger.



Harbor seals can dive deep underwater to sleep.

## Sleeping Underwater

Seals breathe air, but that doesn't stop some of them from sleeping underwater. They hold their breath and dive deep to sleep for up to twenty minutes at a time. Sleeping deep underwater helps these seals stay safe from animals that hunt them near the **surface**.



Some fish make their own sleeping bags. They make a big spit bubble and sleep inside it. The bubble keeps them in one place all night. It also keeps other animals from smelling them. If an animal bumps the bubble, the fish swims away.



This parrotfish is safe inside its spit bubble.



## Sleeping Standing Up

Horses often sleep standing up. Their legs lock in place so they don't fall over. If a horse is lying down, it needs a long time to get up. A horse can run from danger more quickly if it is already standing.



Horses take short naps lying down, but they usually sleep standing up.



No one knows why flamingos sleep this way.

A flamingo can sleep while standing on one leg. The standing leg locks so it stays straight. The other leg tucks up close to the flamingo's body. Its head rests on its back. A flamingo lives (and sleeps) near many other birds to stay safe.



The albatross, a large seabird, can sleep while it glides.

## Sleeping While Flying

Some seabirds can sleep while they fly. These large birds spend most of their lives over the ocean. They are in danger on the water, but they are safe in the air. They **glide** for many hours without flapping their wings. Sometimes they sleep while they glide.

# Conclusion

The animals on this page are sleeping, too. Would you like to sleep how they sleep?



## Glossary

**awake** (*adj.*) not sleeping (p. 6)

**brain** (*n.*) the organ in an animal's head, used for thinking and controlling the body (p. 8)

**ceiling** (*n.*) the inside top part of a room (p. 5)

**glide** (*v.*) to fly without flapping wings (p. 14)

**surface** (*n.*) the part of the ocean or land that touches the air above it (p. 10)





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Front cover: A koala hugs a tree to sleep.

Back cover: A lizard holds on to a leaf to sleep.

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Level L Leveled Book  
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