

Frequently Asked Questions

Note: These are basic at-a-glance answers to common questions. More details can be found in the files.

Q1- What should I use for heat?

A- A halogen floodlight bulb- par38 to create a wide basking spot. Or DHP (**Deep Heat Projector**).

No coloured bulbs. Heat mats are only suitable in an emergency or quarantine set up.

Q2- What UV do I need?

A- Preferably the Arcadia 7% Shadedweller or Reptisun 5.0 T5HO. This will depend on height and whether it's going inside or on top of mesh. More information available in the files.

It should always be a long tube/strip (**linear**) light not a coil (**compact**.)

Note- UV and heat bulb are required, not one or the other.

Q3- How long should I leave my heat and light on?

A- 12 hours on 12 hours off to replicate a day/night cycle.

Q4- Can I use this light at night?

A- No. **No light should be given at night**, a temperature drop is normal. If your house gets extremely cold at night (ambient tank temperature of 64°F/18°C or below) you can use a DHP or CHE (**Ceramic Heat Emitter**) to boost ambient temperatures.

Q5- What substrate is best?

A- 70/30 mix of top soil and play sand. Soil should be organic with **no pesticides or manure** in it. In the UK options such as Arcadia **EarthMix Arid** and **LeoLife** are also available to use as is. For the USA there's **BioDude's Terra Sahara** and Canada has EarthMix Arid as well.

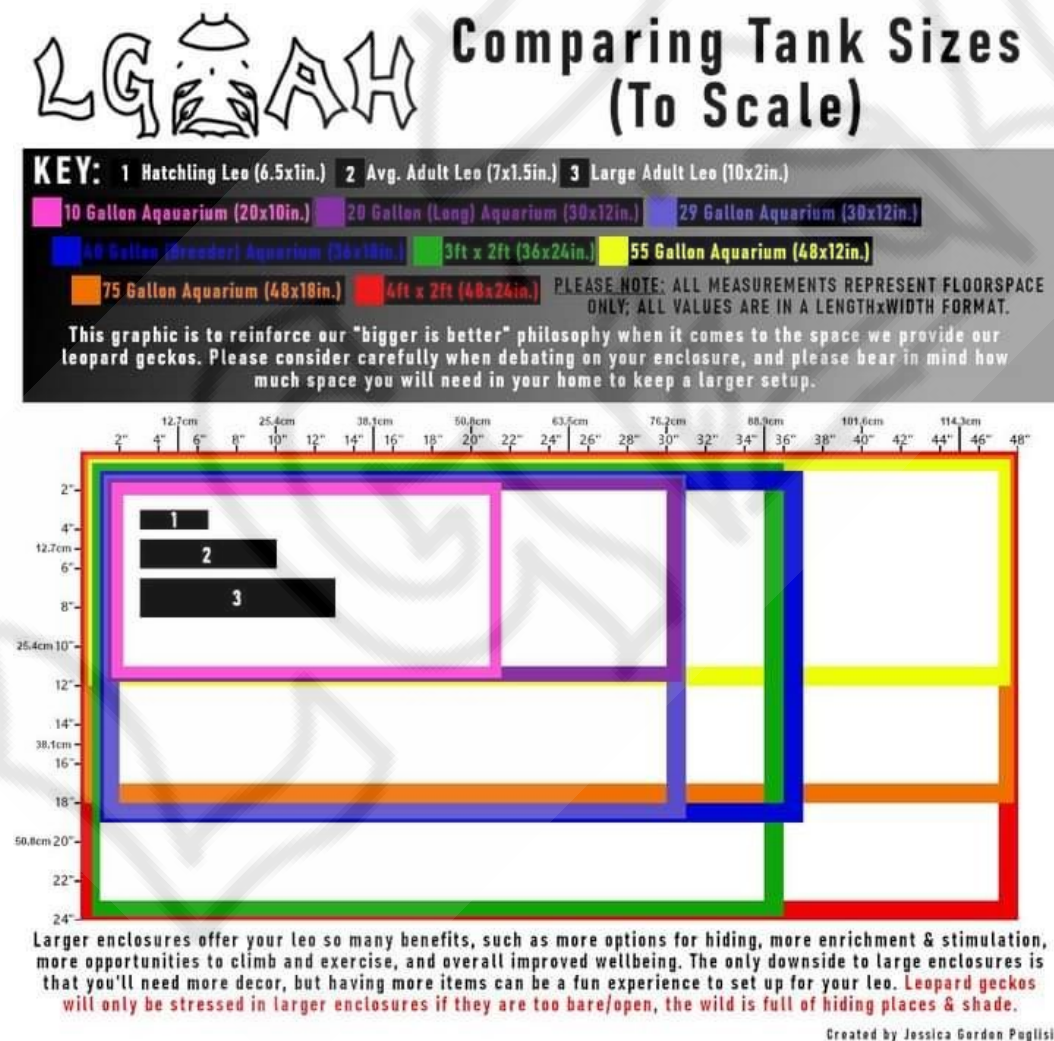
We don't recommend: sand on its own, Repticarpet, shelf liner, or Calcium Sand. Paper towels or tiles should be used if necessary for quarantine setup, but a dig box should be provided to allow natural behaviours.

Q6- How deep should my substrate be?

A- Ideally 6 inches plus.

Q7- Is this tank ok?

A- Minimum we recommend is 36x18x18 or a 40 gallon breeder. Bigger is always better.

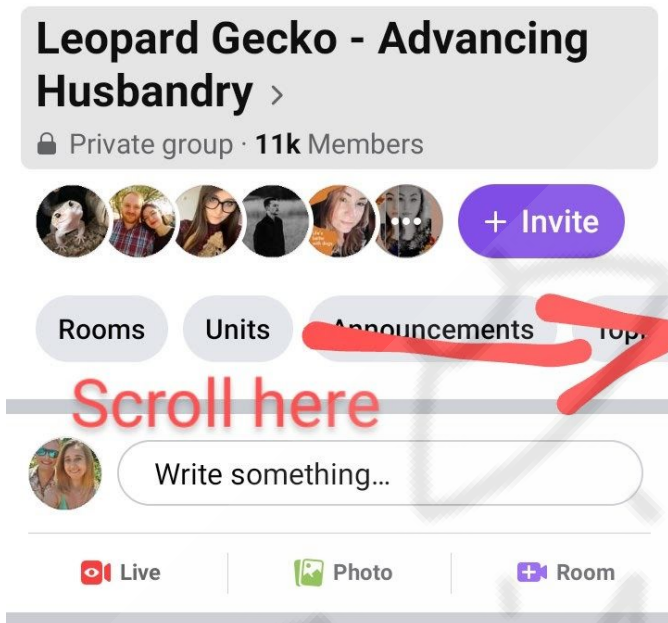


Q8- What wattage should my heat source be?

A- Between 50-100 watts depending on tank size and material.

Q9- How do I find the files?

A- At the top of the Facebook page it will show this:



Then scroll along and click on files.

Q10- Do they need belly heat?

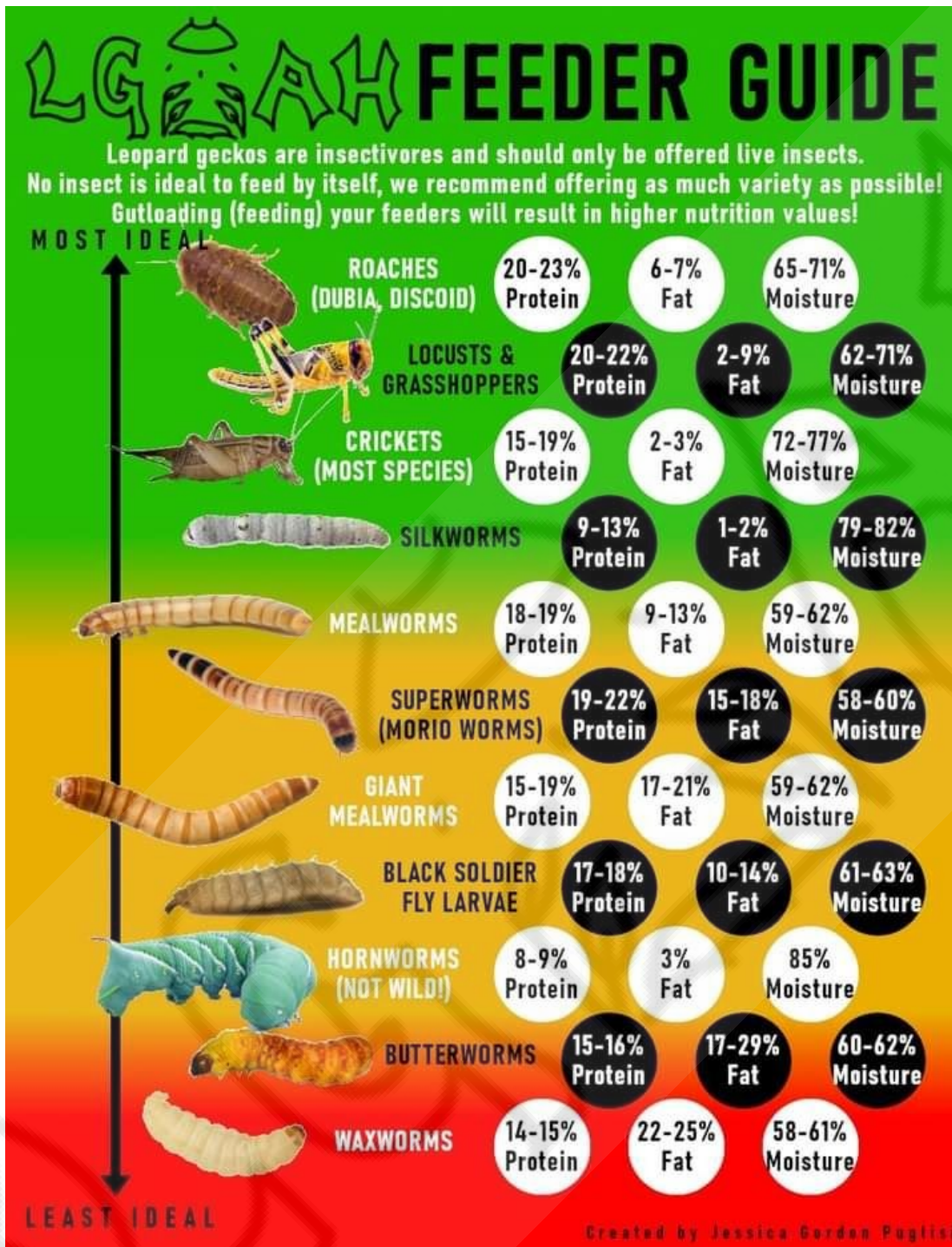
A- This is a common myth/misconception and the reason people think leopard geckos need heat mats. Full body heat is much more effective for proper digestion.

The correct term is **thigmothermy** and it is just 1 of many thermoregulatory strategies all reptiles use. In nature all heat comes from the sun above, not below.

To mimic Tigmothermy, a piece of slate or flat rock can be placed under the basking area.

Q11- What do they eat?

A- A variety of live insects including: locusts, crickets, roaches, worms. Variety of diet is important.



Q12- Do they like to be handled?

A- Many can be tamed enough to be relaxed with handling in short sessions. Care should be taken as handling causes stress and it is not scientifically proven to be truly beneficial to captive reptiles.