

Who Sleeps the Most?

Surprising Animal Sleep Facts

- Some animals need very little sleep. Giraffes can go weeks without sleeping, and often sleep less than two hours a night.
- Ocean and sea animals get very creative to sleep on a current. Whales and dolphins can sleep with only one half of their brain, with the other half working to make sure they don't drown. Sea otters sometimes sleep holding hands so that they stay together.
- Little brown bats are nocturnal, but they actually are only awake for about 4 hours a night.
- Baby dolphins and baby orcas don't sleep at all during their first few months of life.
- Bumblebees have been shown to learn and remember better when they get enough sleep - just like humans!

