How Much Do These Animals Sleep?

In the Saxena lab, we study the relationship between sleep and people’s health and behavior. Did you know that being not sleeping long enough can make you sick?

Sleep keeps you healthy by letting your body rest and restore itself. Humans need around 8 hours of sleep every night to feel rested. Some animals need much less sleep, while other animals need much more! Can you imagine sleeping only one hour each night?

Learn about how long different animals sleep and color them in as you go!

*Fun fact: larger herbivores (animals that only feed on plants) sleep less than smaller ones!
Giraffes sleep 1 hour per day
Elephants and horses sleep 2 hours per day
Donkeys and sheep sleep 3 hours per day
Cows sleep 4 hours per day
Goats sleep 5 hours per day
Seals sleep 6 hours per day
Fish and pigs sleep 7 hours per day
Humans and dolphins sleep 8 hours per day.
Guinea pigs sleep 9 hours per day.
Chimpanzees, dogs and hedgehogs sleep 10 hours per day