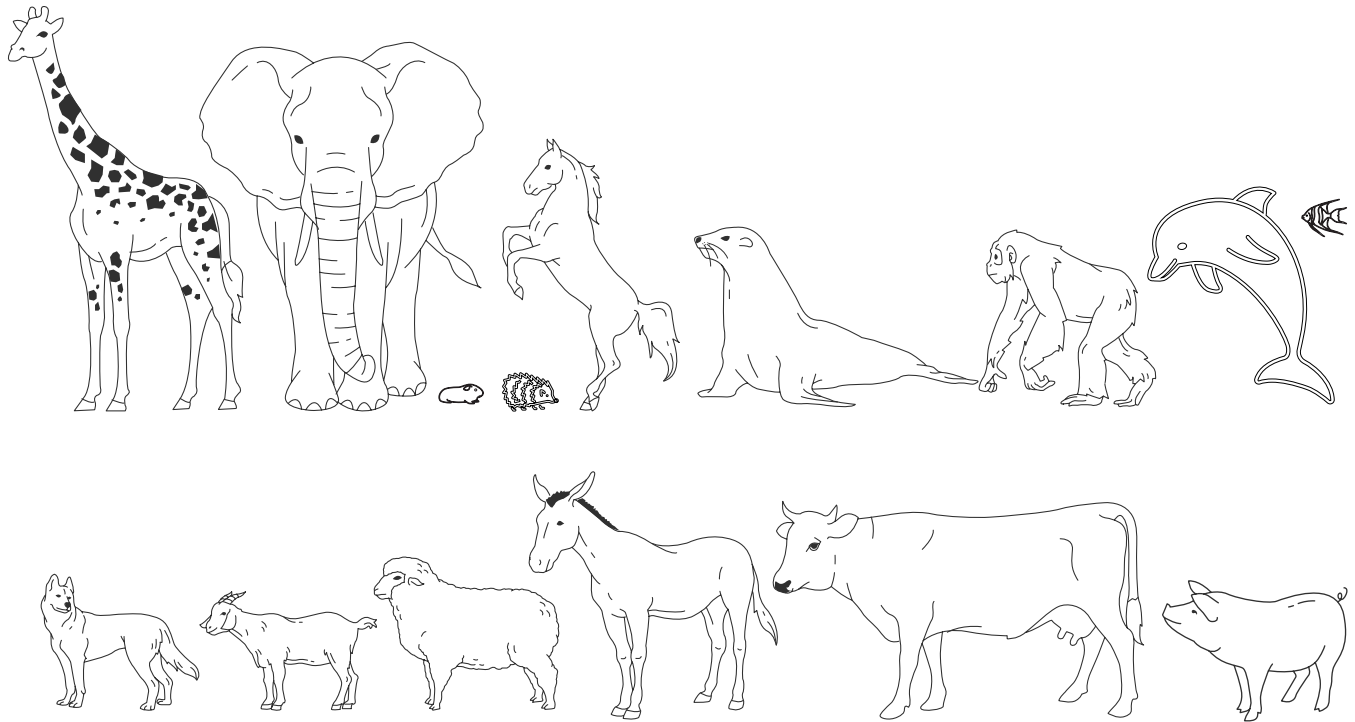




How Much Do These Animals Sleep?



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!



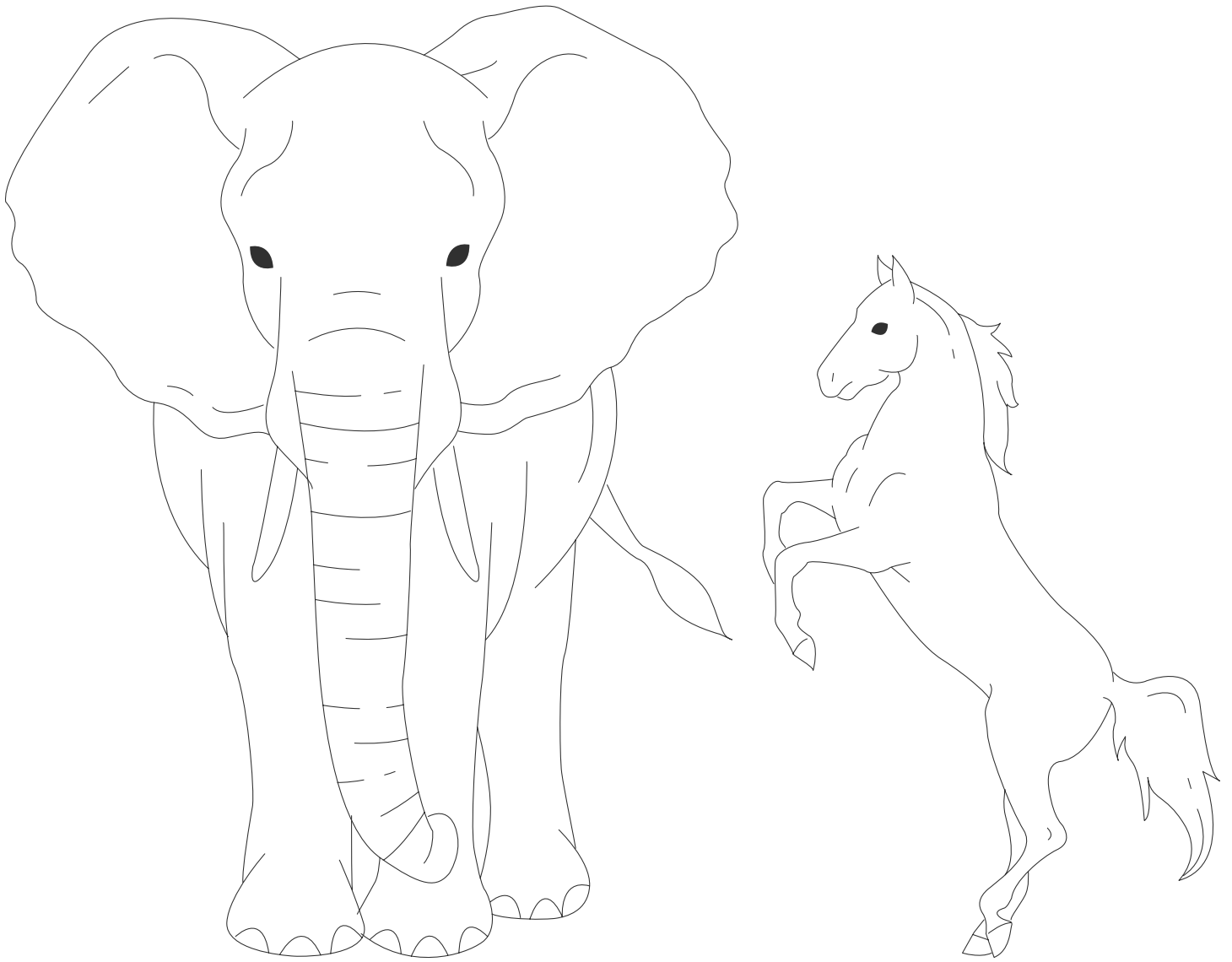
MASSACHUSETTS
GENERAL HOSPITAL

RESEARCH INSTITUTE

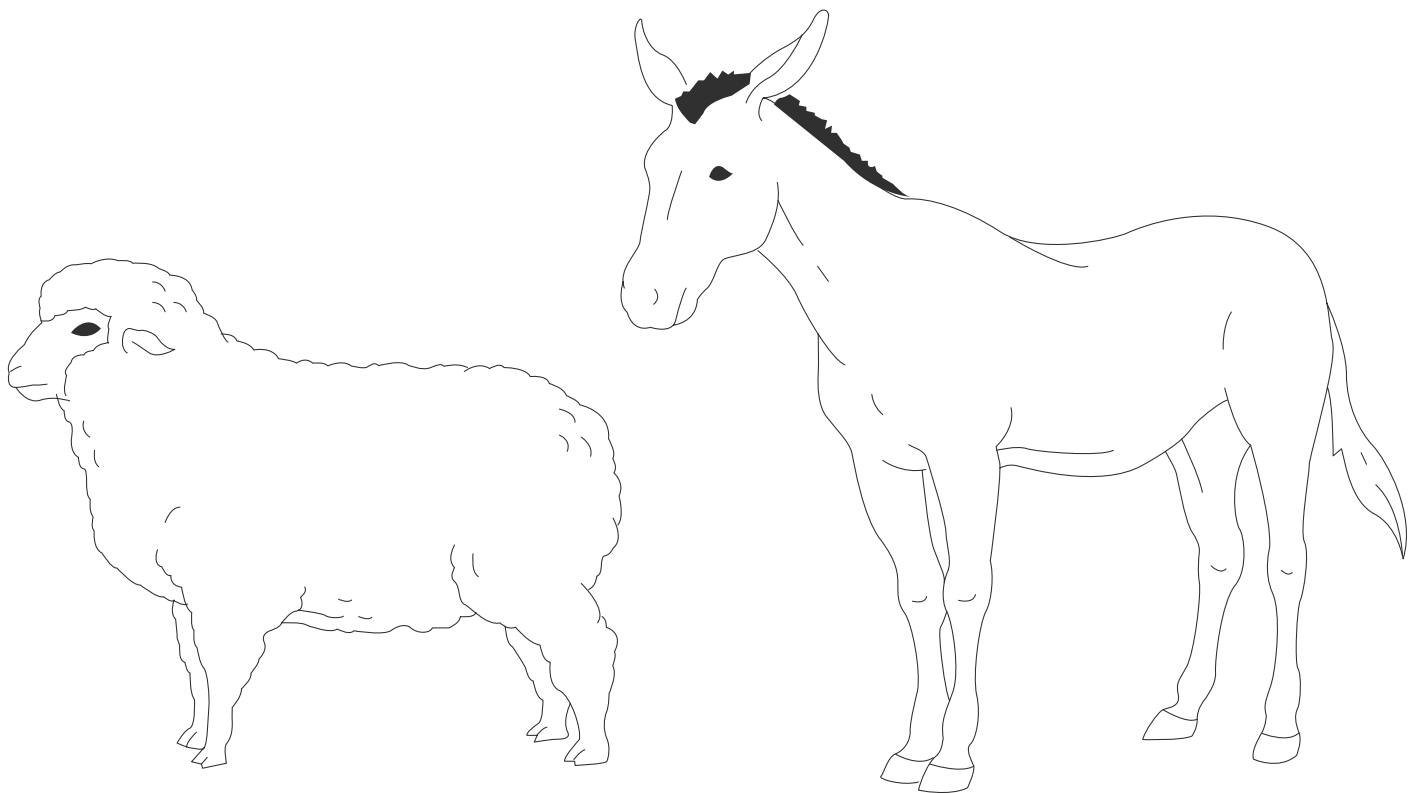
Saxena Lab



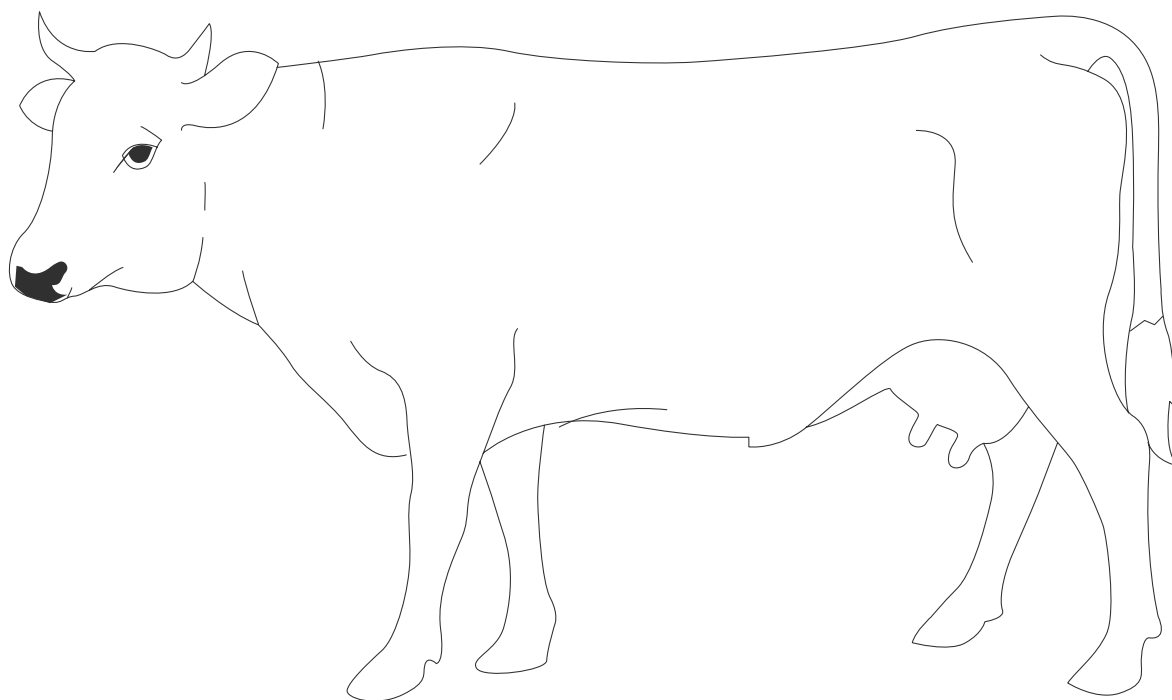
Giraffes sleep **1** hour per day



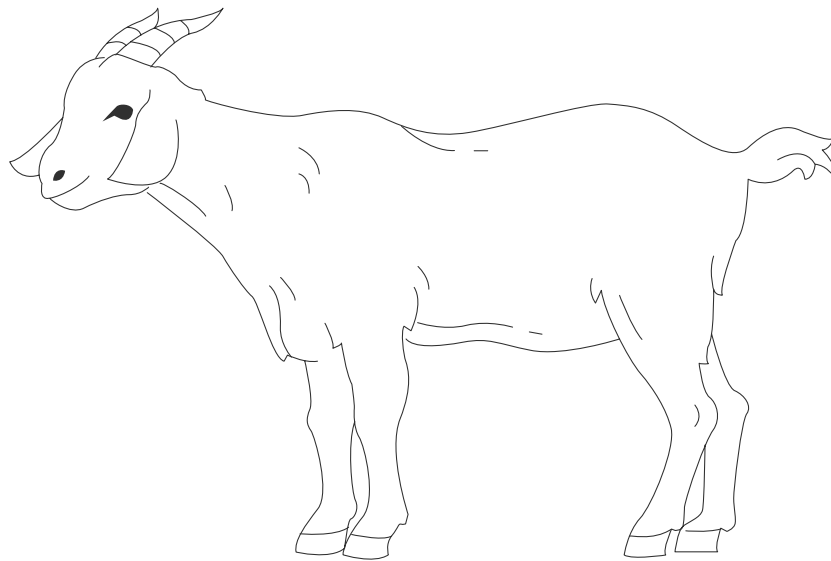
Elephants and horses sleep
2 hours per day



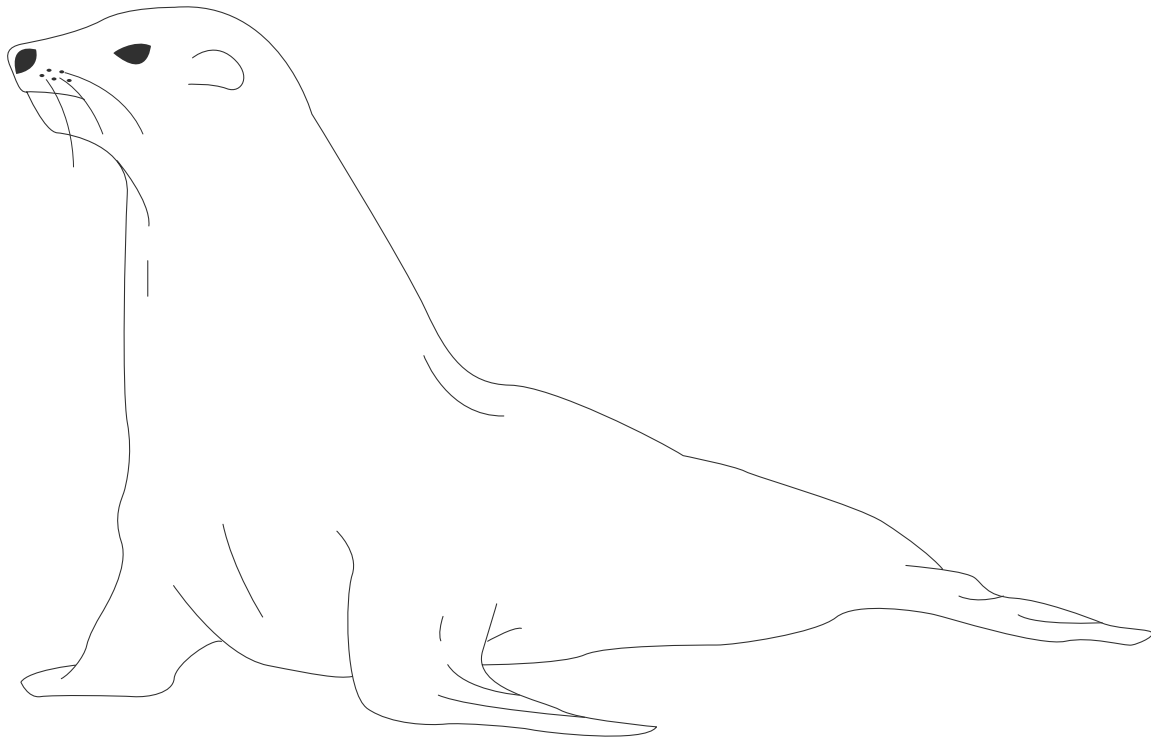
Donkeys and sheep sleep
3 hours per day



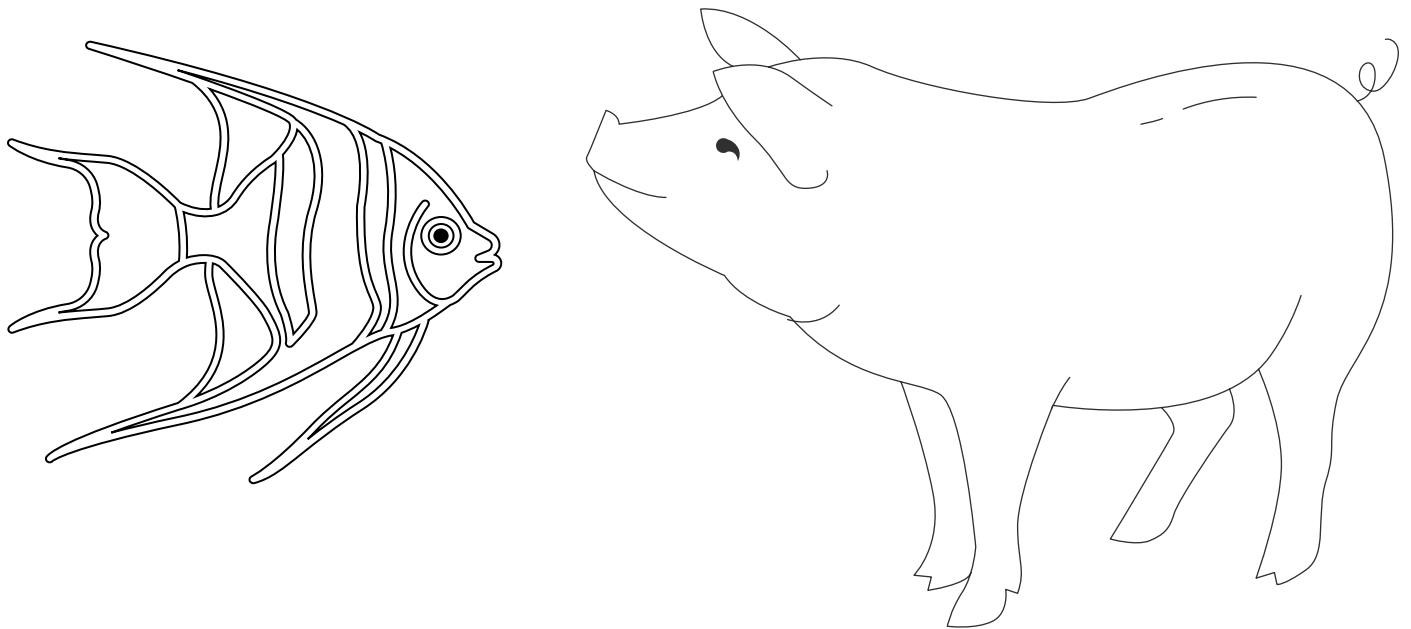
Cows sleep **4** hours per day



Goats sleep **5** hours per day



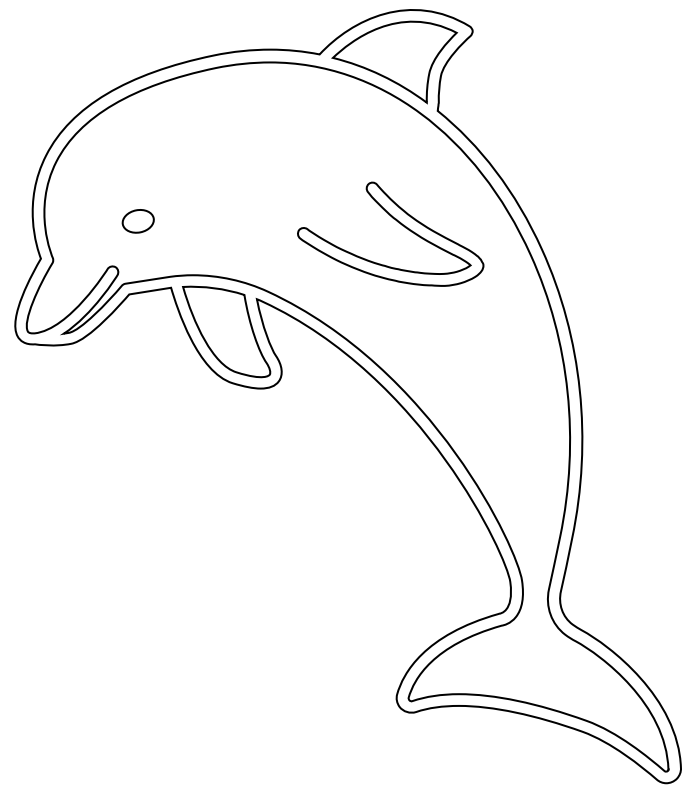
Seals sleep 6 hours per day



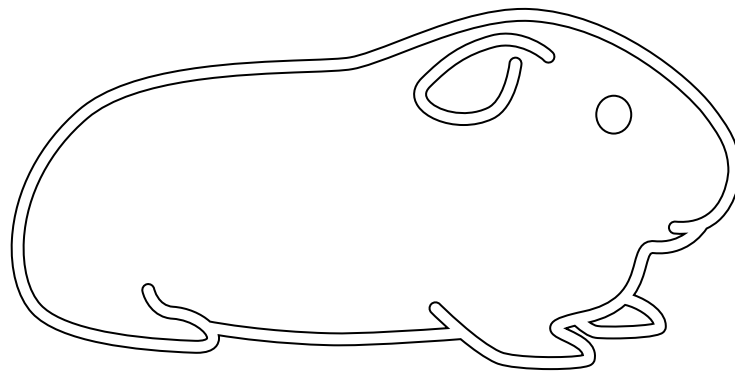
Fish and pigs sleep
7 hours per day



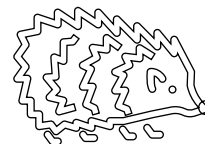
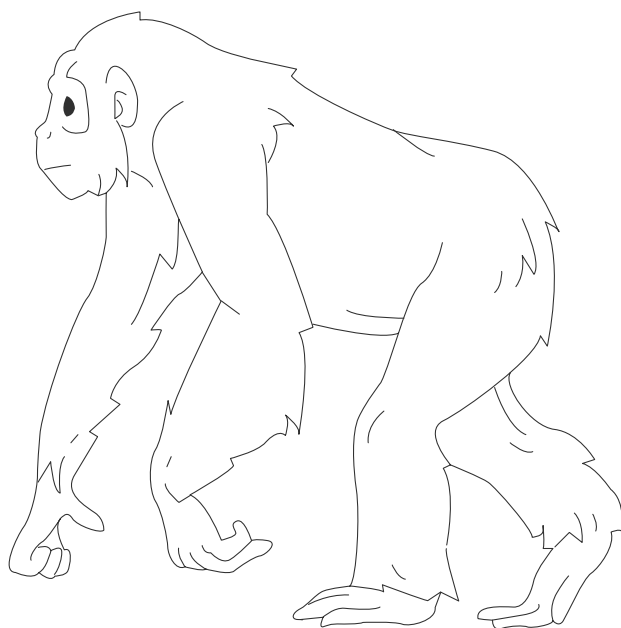
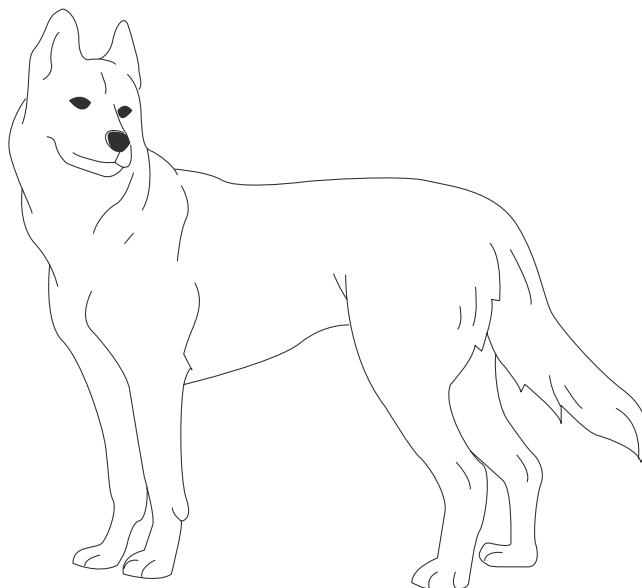
Draw yourself here!



Humans and dolphins sleep
8 hours per day



Guinea pigs sleep
9 hours per day



Chimpanzees, dogs and hedgehogs
sleep **10** hours per day