

Octopus Vulgaris

Phylum: Mollusca
Class: Cephalopoda
Order: Octopoda



The common octopus sleeps a mean duration of 16.7 ± 2.6 hours and is generally nocturnal

Octopuses chose a preferred resting place such as a built den site and assumed a typical sleeping posture.

Octopuses have alternating periods of "quiet" and "active" sleep, where active sleep is similar to REM sleep in people. Their skin color changes and their bodies twitch during this period

