## Octopus Vulgaris

## Phylum: Mollusca Class: Cephalopoda Order: Octopoda



The common octopus sleeps a mean duration of  $16.7 \pm 2.6$  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 twitchs during this period

sel, D.V. (2011). Behavioral sleep in octopus vulgaris - researchgate. BEHAVIORAL SLEEP IN OCTOPUS VULGARIS . Retrieved March 1, 2022, from https://www.researchgate.net/profile/Michael-Kuba-2/publication/229150667\_Behavioral\_sleep\_in\_Octopus\_vulgaris/links/0912f5006ef4a2f895000000/Behavioral-sleep-in-Octopus-vulgaris.pdf