





SLEEP IN DOMESTIC CATS

PHYLUM: CHORDATA
CLASS: MAMMALIA
ORDER: CARNIVORA
FAMILY: FELIDAE
GENUS: FELIS
SPECIES: CATUS


DOMESTIC CATS SLEEP FOR ABOUT 12-18 HOURS A DAY



DOMESTIC CATS ARE CREPUSCULAR AND POLYPHASIC




-  Reach peak activity in the early morning and again in the evening
-  Sleep multiple times a day

SLEEP LOCATION AND POSITION

-  Cats like to sleep on soft and warm surfaces, elevated places, and confined spaces in the house
-  Sleep horizontally: curled up, on their side, stretched out, belly up, etc.



THE SLEEP STAGES

-  The domestic cat experiences both nREM and REM sleep
-  May see cat twitch during sleep
-  Experiences loss of muscle tone



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