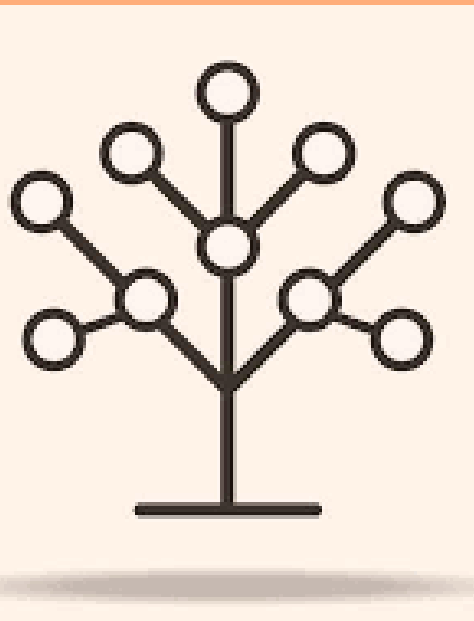


# Sleep in the largest penguin of the world: Emperor Penguins



## TAXONOMY

**Phylum:** Chordata  
**Class:** Aves  
**Order:** Sphenisciformes  
**Family:** Spheniscidae  
**Genus:** Aptenodytes  
**Species:** Aptenodytes Forsteri



## SLEEP POSTURE

Emperor Penguins sleep standing up they sometimes have their bill tucked behind a flipper to reduce the amount of heat loss and conserve energy



by M. Watson

## SLEEP TIMING

Emperor Penguins are **diurnal** creatures – they are active during the day and asleep at night

They typically sleep around **10 hours** a day however, during the Antarctic winter, they can sleep for most of the 24 hour period

*Emperor penguins breed during the winter. Therefore, during the winter they huddle together to stay warm and incubate their eggs.*



## PARADOXIAL (REM) SLEEP

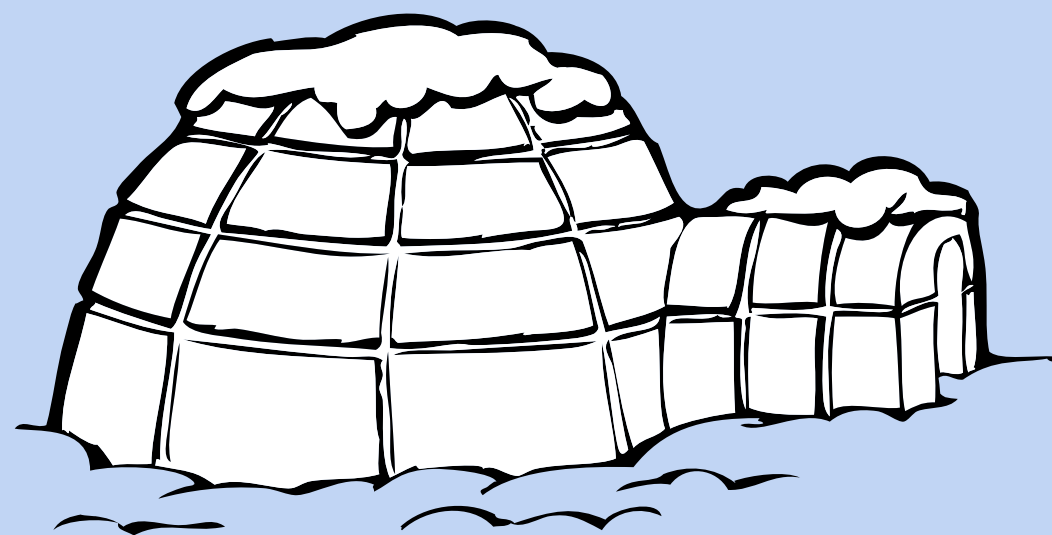


REM sleep in Emperor Penguins occurs in brief episodes of 8 to 10 seconds and occupies around 1.5 hours of the 24 hour period



## FUN FACTS

Emperor penguins are the largest in the world and live exclusively in Antarctica !



## References

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