

Sleepy Polar Bears

Just like people, polar bears sleep 7-8 hours a day, and sometimes nap too!



THE POLAR BEAR

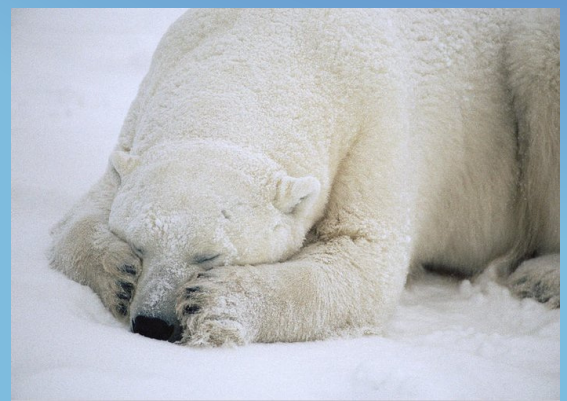
Ursus Maritimus

Kingdom: Animalia
Phylum: Chordata
Class: Mammalia
Order: Carnivora
Family: Ursidae
Genus: *Ursus*
Species: *U. maritimus*

WHERE DO THEY SLEEP?

They dig shallow pits in the snow where they curl up to sleep covering their muzzle and putting their backs towards the opening, enabling them to sleep through blizzards!

During summer, they curl up on sea ice and use their paws as pillows!



Unlike other bears, polar bears do not hibernate during winter - only pregnant female polar bears do.

NOCTURNAL OR DIURNAL?



Polar bears are neither diurnal nor nocturnal due to the arctic regions where they experience months of daylight or darkness at a time. However, a main influencer of sleep patterns is feeding time.

DO THEY HAVE REM SLEEP?

REM sleep in polar bears has not been observed directly, though it has been observed in some other bear species. On the other hand, given that REM has not been observed in some marine animals, further research should be conducted to determine whether polar bears exhibit REM sleep.



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"POLAR BEARS & THE CHANGING ARCTIC: POLAR BEARS INTERNATIONAL." POLAR BEARS & THE CHANGING ARCTIC | POLAR BEARS INTERNATIONAL, [HTTPS://POLARBEARSINTERNATIONAL.ORG/POLAR-BEARS-CHANGING-ARCTIC/](https://polarbearsinternational.org/polar-bears-changing-arctic/).