



# SLEEP IN EMPEROR PENGUINS



**PHYLUM:** CHORDATA

**CLASS:** AVES

**ORDER:** SPHENISCIFORMES

**FAMILY:** SPHENISCIDAE

**GENUS:** APTENODYTES

**SPECIES:** APTENODYTES FORSTERI

EMPEROR PENGUINS ARE DIURNAL. THEY ARE AWAKE DURING THE DAY AND SLEEP AT NIGHT.



THEY TAKE SEVERAL NAPS DURING THE DAY IN ORDER TO PROTECT THEMSELVES FROM PREDATORS. IF CONDITIONS ARE SAFE, THEY CAN SLEEP UP TO 20-24 HOURS.

EMPEROR PENGUINS OFTEN SLEEP STANDING UP, SO AS THEY DO NOT COME IN CONTACT WITH THE COLD GROUND OF THE ARTIC.

THEY ARE IN REM SLEEP FOR ABOUT 5-6% OF THEIR 24 HOUR SLEEP CYCLE.



**DIET:** FISH, 2-3 KG PER DAY

**LOCATION:** ANTARCTICA

**PREDATORS:** KILLER WHALES, LEOPARD SEALS



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