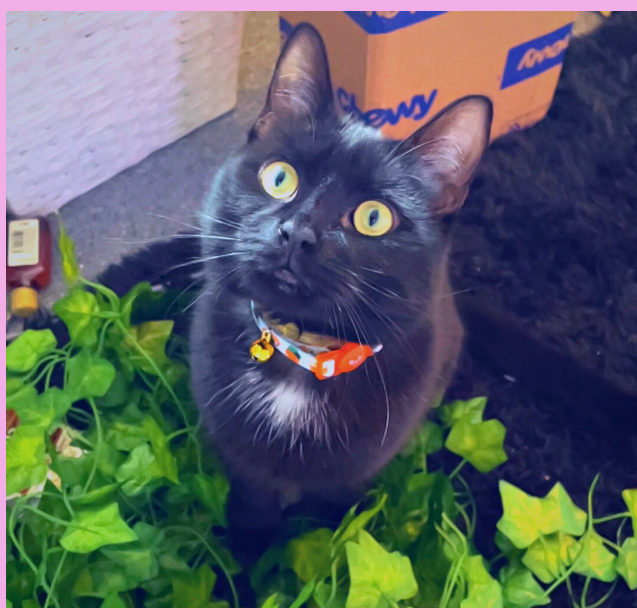




SLEEP IN DOMESTIC CATS

By Taylor Warner

KINGDOM: Animalia
PHYLUM: Chordata
CLASS: Mammalia
ORDER: Carnivora
FAMILY: Felidae
GENUS: Felis
SPECIES: Felis Catus - Domestic Cat

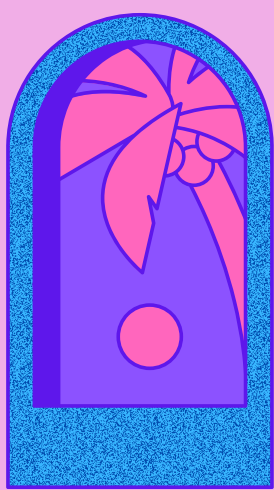


SLEEP TIMING

Cats on average sleep 16 hours a day depending on their age. Older cats normally sleep between 12 and 18 hours a day. In a 24 hour period they sleep 79 out of every 104 minutes, (Levi, 2022). However, unlike human beings, cats sleep in multiple shorter periods throughout the day.

SLEEP LOCATION & POSTURE

- Cats sleep similar to humans, lying down in different positions.
- They will mostly sleep in their owner's bed, other furniture in the house, or their own cat furniture.
- Cats also prefer to sleep in the sunlight for extra warmth.



REM SLEEP?

- Cats experience REM sleep and NREM sleep, as well as a transition period.
- They experience similar rhythmic brain and spindles to humans.
- Cats experience brain waves during their transition period as well.
- Domestic cats can get from three to eight hours of REM sleep per 24-hour period.
- Researchers question whether cats dream in REM sleep, but believe it may be possible.
- Cats have been used in sleep research since the 20th century.



HOW CATS' SLEEP DIFFERS FROM HUMANS'

- Instead of sleeping continuously throughout the night, cats sleep in separate periods with two peaks of activity a day
- Typically cat's peak activity includes one period at dawn and one at dusk
- Due to cats hunting rodents and birds, researchers think that the peak activity periods were an evolutionary adaptation to help cats effectively hunt both birds and rodents
- Cat sleep patterns tend to change based on their routine, for example if you feed your cat at the same time every day their sleep pattern may reflect that.

GOOD NIGHT



INFORMATION SOURCE

- DiscoverAnimals.org. (2018). American shorthair. American Shorthair | Discover Animals. Retrieved February 28, 2022, from <http://www.discoveranimals.org/pets/petanimal/american-shorthair>

- Levi, R. (2022, February 11). How many hours a day do cats sleep? Sleep.org. Retrieved February 28, 2022, from <https://www.sleep.org/sleep-questions/cats-sleep-habits/>

