

MY ANIMAL SLEEPING HABIT CHART

1. Name of animal:

Sleeping/waking habits. Find out if your animal is Nocturnal/Diurnal/Crepuscular/Matutinal/vespertine or Cathemeral. Or perhaps a mixture. For definitions of these terms check out this article	
Where my animal sleeps (cave,grass,sand,enclosure etc)	
How does my animal sleep? (lying down, curled up,with others or solitary,standing up,hanging from branches etc)	
How long on average does my animal spend sleeping?	
Does your animal hibernate?	

2. Name of animal:

Sleeping/waking habits. Find out if your animal is Nocturnal/Diurnal/Crepuscular/Matutinal/vespertine or Cathemeral. Or perhaps a mixture. For definitions of these terms check out this article	
Where my animal sleeps (cave,grass,sand,enclosure etc)	
How does my animal sleep? (lying down, curled up,with others or solitary,standing	

up,hanging from branches etc)	
How long on average does my animal spend sleeping?	
Does your animal hibernate?	

3.Name of animal:

Sleeping/waking habits. Find out if your animal is Nocturnal/Diurnal/Crepuscular/Matutinal/vespertine or Cathemeral. Or perhaps a mixture. For definitions of these terms check out this article	
Where my animal sleeps (cave,grass,sand,enclosure etc)	
How does my animal sleep? (lying down, curled up,with others or solitary,standing up,hanging from branches etc)	
How long on average does my animal spend sleeping?	
Does your animal hibernate?	

Fill out the definitions of:

Nocturnal	
Diurnal	
Crepuscular	
Matutinal	
Vespertine	
Cathemeral	

Check out this interesting [article](#) from onekindplanet.org which highlights ten animals with very unusual sleeping habits!

Check out the top ten hibernators in this [article](#) from onekindplanet.org.

Check out the top ten laziest animals in this [article](#) from onekindplanet.org.