

# HOW DO DOLPHINS SLEEP



## DOLPHINS SLEEP WITH HALF THEIR BRAIN

DOLPHINS ARE MAMMALS. THEY HAVE LUNGS AND MUST COME TO THE SURFACE TO BREATHE. TO PREVENT THEM FROM DROWNING, DOLPHINS SHUT HALF OF ITS BRAIN AT A TIME AND THE OTHER HALF STAYS CONSCIOUS TO TELL THEMSELVES TO BREATHE.



## THEY SLEEP WITH ONE EYE OPENED

DOLPHINS DO THIS TO LOOK OUT FOR PREDATORS. SINCE ONLY HALF OF THEIR BRAIN IS SLEEPING, WHEN THE LEFT SIDE OF THE BRAIN SLEEPS, THE RIGHT EYE IS CLOSED. AND VICE VERSA.

## THEY CAN SWIM WHILE SLEEPING AND MOTHER DOLPHINS CAN'T STOP SWIMMING

DOLPHINS CAN STILL SWIM WHILE THE HALF OF ITS BRAIN RESTS. MOTHER DOLPHINS NEED TO CONTINUE SWIMMING WHILE SLEEPING DURING THE FIRST FEW WEEKS OF HER BABY'S LIFE SINCE BABY DOLPHINS ARE NOT BORN WITH ENOUGH FLUBBER TO FLOAT. A MOTHER DOLPHIN PULLS HER YOUNG ALONG BEHIND HER IN HER SLIPSTREAM AND THEY CAN SINK AND DROWN IF SHE SLEEPS.



The side of the brain that's resting will alternate about once every two hours.

Dolphins spend about 33.4% of their day asleep.

An average dolphin species can hold its breath for 8-10 minutes, but the bottlenose dolphin can do it up to 20 minutes.

Though dolphins need to breathe air, they can't survive out of the water because dolphins need to stay hydrated.

Bottlenose dolphins can swim up to 18 mph and can swim up to 100 miles in a single day.

DID YOU KNOW?



# Sleeping Dolphins

**Puja Mehta**



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