

Nitey nite birdie!

Things you never
knew about bird
sleep



Birds often take hundreds of short naps, remaining partially alert for predators.

Birds choose a roost close to a tree trunk, a tree cavity, dense grass or plants to sleep as hidden as possible. Songbirds have feet that tighten so they don't fall off while sleeping. Birds may snuggle to optimize warmth.



Snoring?

Not exactly, but birds make sleeping sounds like soft vocalizations or grinding beaks. Some research suggests birds may dream!



Bird sleeping curiosities

Hummingbirds may sleep upside down.

Owl chicks sleep on their tummies.

The joints of a flamingo leg snap into place on the standing leg.

Birds have two organs for balance—one in the inner ear and the lumbosacral organ.

Birds keep half their brains awake.



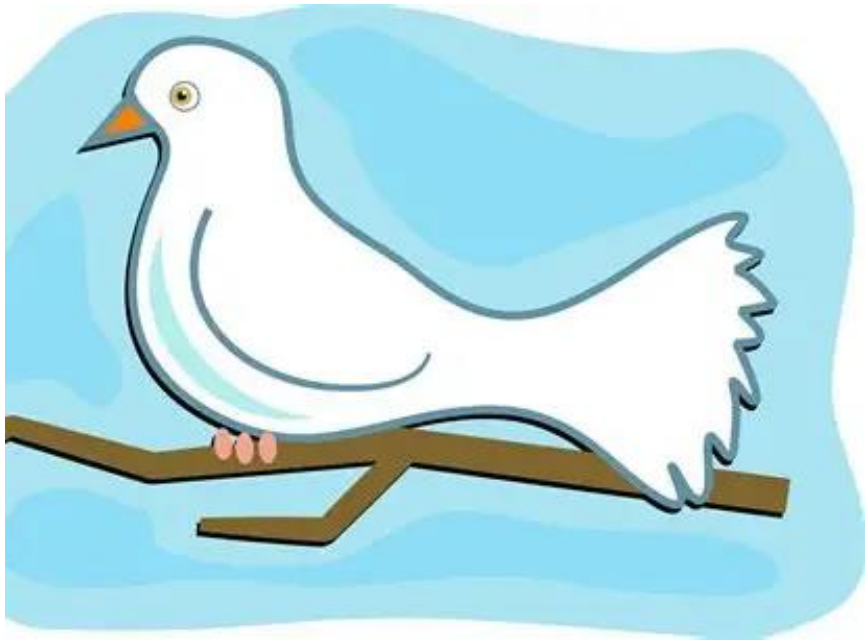
Nite nite birdy! To the tune of *This Is the Way*

This is the way the birdies sleep, the birdies
sleep, the birdies sleep, (head on hands)

Multiple naps and half brain awake, (wiggling
fingers)

Sleeping safely through the day. (head on hands)





Sleepy times

Can you find places where birds could sleep safely?

Find a twig or grass for a roost for your bird.

This book explores all the places birds can sleep.

