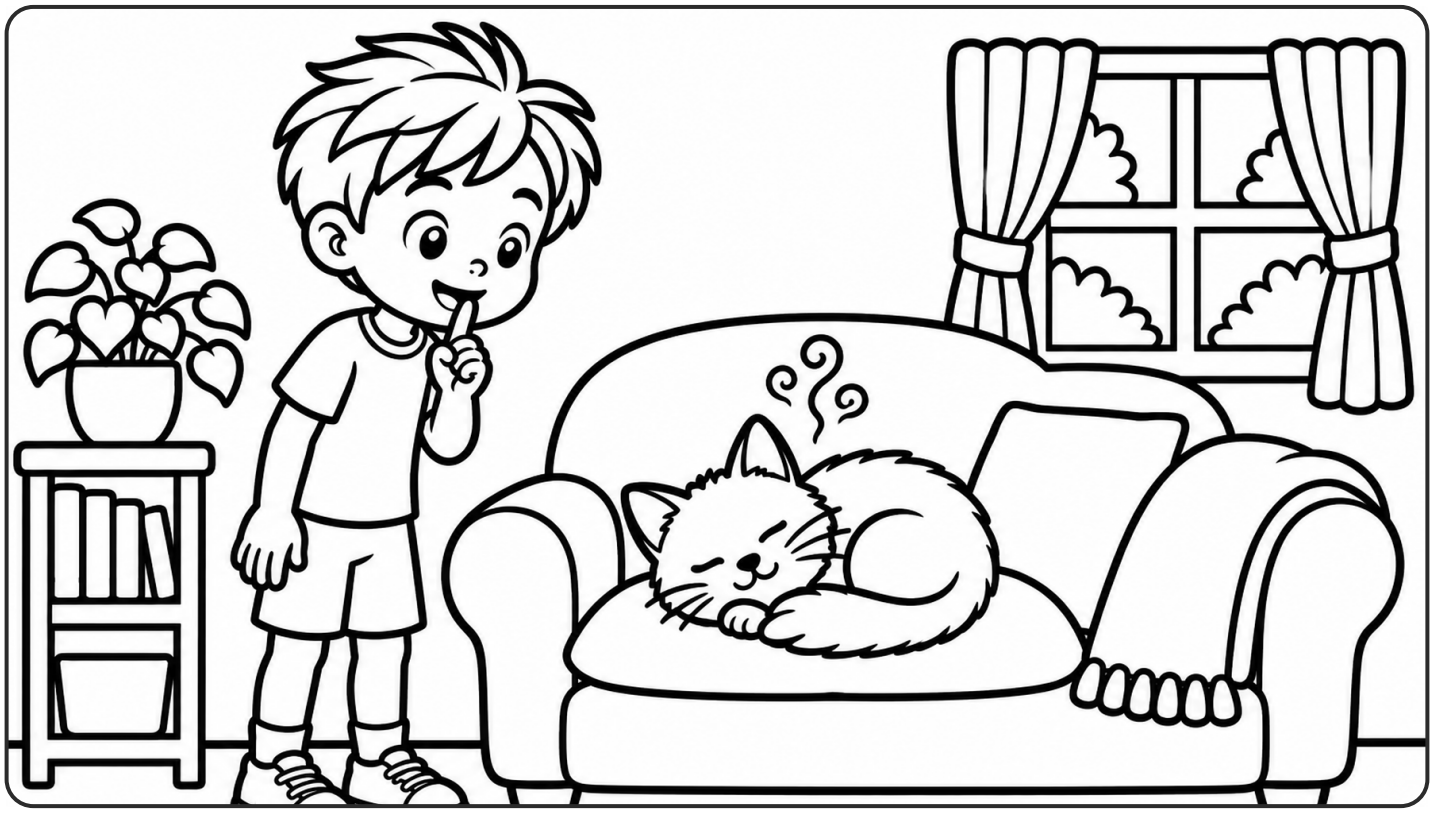
Why do cats sleep so much?

Shh! Midnight is napping again! Why do cats sleep so much?



Why?

1. **Saving energy**
   Running and pouncing use up lots of energy. So cats rest a lot, to save energy for the next pounce.
2. **Light naps**
   Most cat naps are light naps, about fifteen minutes to half an hour. The eyes are closed, but the ears still listen!
3. **Deep sleep**
   Sometimes a cat sleeps very deeply, just for a few minutes. Its paws may twitch. Maybe it's dreaming!

Try it! Watch quietly

You need: a sleeping cat

1. Watch a sleeping cat very quietly, and let it rest.
2. Do its ears move when there's a sound?

What happened? The eyes are closed, but the ears still listen!

Video + more questions:
whywhywhykids.com/catnap

scan with a grown-up