

## FACTSHEET

The factsheet will examine one of the most amazing parts of autumn: hibernation. We'll explore how it works and share some fun facts about why animals hibernate

## WHAT IS HIBERNATION?

In this section, we'll learn some key facts about hibernation



## Sleeping

Animals that hibernate (also called "hibernators") go into a deep sleep during the winter to save energy



## Waking Up

Animals wake up in the spring when the weather improves, the days get longer, and there's more food available



## Saving Energy

Animals hibernate because food is harder to find in the winter months, so sleeping helps them use less energy



## Body Changes

During hibernation, an animal's heart rate, breathing, and body temperature all drop to save energy

## DID YOU KNOW?

Dormice hibernate for up to 11 months. Their name comes from a French word that means "to sleep"

## FUN FACTS ABOUT HIBERNATION



## Slowing Down

Some animals slow down their breathing to just one breath a minute, and some stop breathing entirely

## Snack Time

Some animals wake up from hibernation to eat (and go to the toilet) before drifting back to sleep



## No sweet dreams

Most animals shut down their brains during hibernation, meaning they don't dream while they're asleep



## Shh! The bears are sleeping

Bears can be easily woken up from their sleep, and their body temperature doesn't drop substantially

