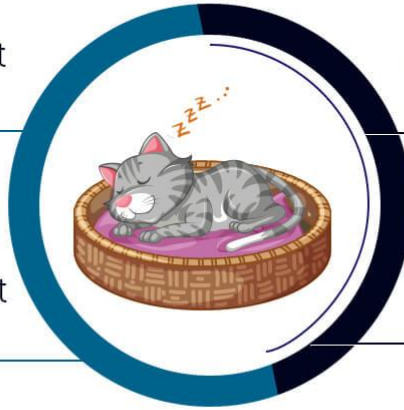


# CATS

Sleep 2x As Much as You in a Day

About **66%** of a cat's life is spent napping

**25%** of a cat's sleep is deep sleep, **75%** is light snoozing



Cats sleep more during colder months

**12-16** hours a day of sleep daily



## THE SLEEP CYCLE OF A CAT



7 AM-9 AM

9 AM-2 PM

2 PM-3 AM

3 PM-6 PM

AWAKE

ASLEEP

AWAKE

ASLEEP

6 PM-9 PM

9 PM-12 AM

12 PM-2 AM

2 AM-7 AM

25% of cats sleep through the night  
40% of cats take periodic naps over 24 hours

Courtesy : [PAWMAW.COM](http://PAWMAW.COM)