

## The Importance of Your Bird's Sleep

Drs. Foster & Smith Educational Staff



Birds in their natural tropical environment receive approximately 12 hours of light and 12 hours of darkness daily. They're active in light, asleep in darkness. Your pet bird, regardless of her geographical home, still requires 10-12 hours of sleep in a dark, quiet spot.

Without adequate sleep, your bird will suffer from increased stress. You may suffer too, since your stressed bird will be more likely to bite, scream, and pluck her feathers. She may also get sick, since her stressed immune system will work less effectively.

### Darkness, silence, and comfort - the perfect combination for optimal sleep

Invest in a quality cover that douses light and muffles noise. [Doctors Foster and Smith Cage Covers](#) are ideal, and may be personalized with your pet's name.

Make bedtime QUIET time. Simply covering the cage may not be enough. Since your bird's instinct is to stay alert when activity (i.e. predator danger) is nearby, you must separate her from all environmental movement. Ideally, give your bird her own "bedroom" with a sleeping cage, such as the [Model 125 Cage](#) or [Clean Life Cages](#).

Provide a comfy sleeping spot. If she is a "nester," she'll appreciate a cozy hideaway, such as the [Doctors Foster and Smith Bird Bunker](#) or [Bird Tent](#). If she's a perch-sleeper, make sure her sleeping cage always holds her favorite kind(s).



With the right tools and approach, ensuring adequate sleep is simple. Remember, a well-rested bird is a healthy bird.