For Simon and Keturah with oodles of love, expert snoozers.....now! – K.P.

AN OLD BARN BOOK

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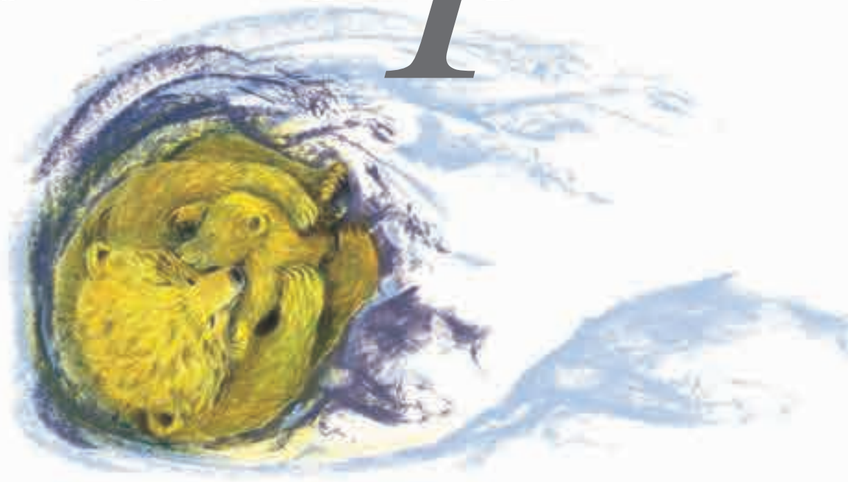
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Kate Prendergast

Sleep



How Nature gets its rest



Cats and dogs sleep curled up…



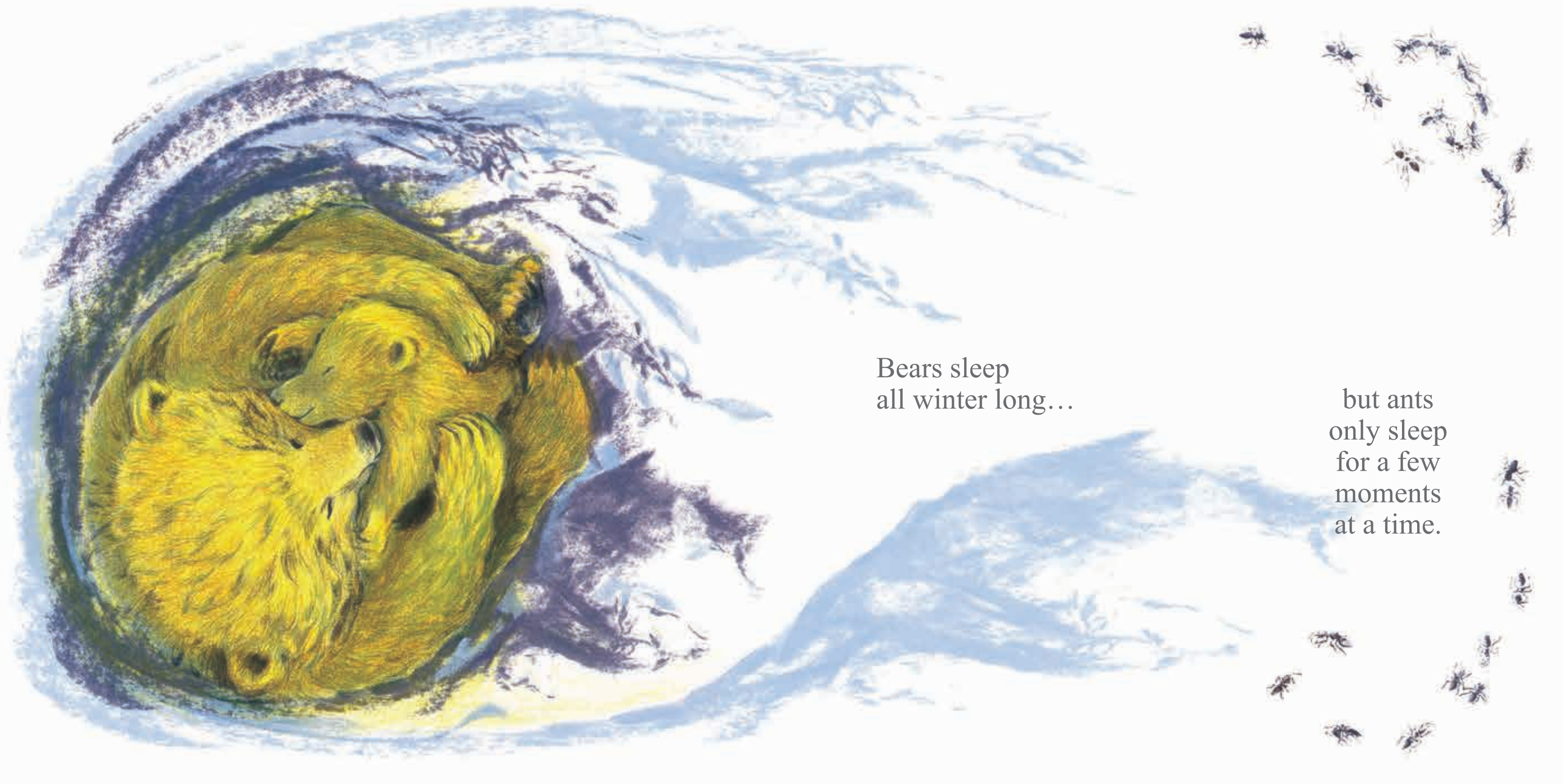
…most of the time

Meerkats sleep in a heap…





Rhino sleeps alone.



Bears sleep
all winter long…

but ants
only sleep
for a few
moments
at a time.

Did you know?
Some Amazing Animal Facts



Cats and dogs sleep more than us
Dogs sleep for 12 to 14 hours a day, though often in short naps, not one long sleep. Cats can sometimes sleep for up to 20 hours a day.

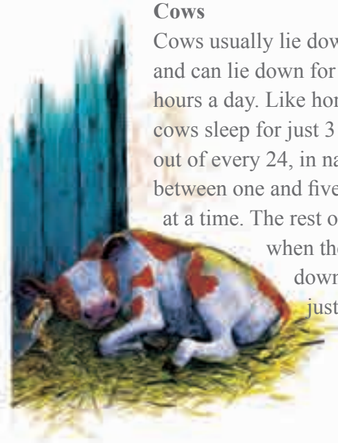
Chicken
Chicken came originally from the jungles of South East Asia – their ancestor, the Red Jungle Fowl, still lives there. They like to sleep high up on perches, or in trees, where foxes cannot reach them.





Horses
Baby horses – 'foals' – spend about half of their day sleeping until they are three months old. They lie down for their naps. As horses grow older, they sleep less and less and very often doze off standing up.

Cows
Cows usually lie down to sleep and can lie down for up to 14 hours a day. Like horses, adult cows sleep for just 3 to 4 hours out of every 24, in naps of between one and five minutes at a time. The rest of the time when they're lying down they're just dreaming!



Harvest Mouse
Harvest mice are 'cathemeral', meaning they are active day and night, but they are most active in the evening. When a female harvest mouse is going to have babies she climbs up a sturdy corn or grass stalk and weaves a ball-like nest about 10cm in diameter to keep her babies in.





Tortoises
A group of tortoises is called a 'creep'. Not that you see that very often as they mostly live alone. Their shell is made from the same material as fingernails and hooves. They hibernate in cold weather, meaning they go into a deep sleep for the winter months.



About the Author:
Kate Prendergast loves to draw all animals, but particularly her rescue dog, Neo. While making this book, Kate was shocked to discover that almost every non-domesticated animal in the book – apart from the ant and the meerkat – was facing a conservation crisis and / or great pressure due to the destruction of its environment by humankind. She hopes that SLEEP will help foster interest in the natural world and its protection.

Also by Kate Prendergast:
Dog on a Train – long-listed for the Klaus Flugge Prize 2016; nominated for the CILIP Kate Greenaway Medal 2017; Finalist, British Book Design and Production Awards, 2016
Dog on a Digger

About Old Barn Books:
Old Barn Books is an independent publisher of picture, gift and novelty books and fiction for ages 9+. We often find our inspiration in nature and from all over the globe.
See more of our books at: www.oldbarnbooks.com
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Or sign up to our facebook page for updates.

Find out More:
These are some of the websites we looked at where you can find out more about animal habits:
The World Wildlife Fund: https://www.worldwildlife.org/
Save the Rhino: https://www.savetherhino.org
MNN Mother Nature Network: https://www.mnn.com
National Sleep Foundation: https://sleep.org
National Geographic Kids: https://www.natgeokids.com
Animal Corner: https://animalcorner.co.uk/animals/british-mice/