

Name \_\_\_\_\_

## Sleep Secrets of Dolphins: Exploring Underwater Slumber

### Short Answer Key

1. Dolphins sleep by alternating between hemispheres in a state called unihemispheric slow-wave sleep.
2. Unihemispheric slow-wave sleep is a sleep pattern where dolphins sleep with one hemisphere of their brain at a time, while the other remains awake and alert.
3. Dolphins sleep with one eye open to maintain awareness of their surroundings.
4. Dolphins breathe while sleeping underwater using a reflex called the "breath-hold reflex."
5. Dolphins often sleep in groups to provide safety and social interaction while resting.

