

# DOLPHINS

2025/11/13 THUR

SLEEP PATTERNS

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## FUN FACTS

1. DOLPHINS ARE AMONG THE MOST INTELLIGENT MARINE MAMMALS
2. MOTHER DOLPHINS STAY AWAKE FOR WEEKS TO PROTECT THEIR CALVES.
3. DOLPHINS USE PUFFERFISH TO EXCITE THEMSELVES

## CONSERVATIVE AND HUMAN CONNECTION

SOME DOLPHINS ARE ENDANGERED BECAUSE OF POLLUTION, OVERFISHING, AND OCEAN NOISE. MANY ARE HURT BY NETS, AND POLLUTION MAKES THEM SICK. WE CAN PROTECT DOLPHINS BY KEEPING THE OCEAN CLEAN, USING LESS PLASTIC, AND STOPPING ILLEGAL FISHING SO THEY CAN LIVE SAFELY.

## ANIMAL BASICS

- MARINE MAMMALS
- CANNOT BREATHE UNDERWATER LIKE FISH
- THEIR MAIN DIET IS FISH AND SQUID
- USUALLY LIVE IN GROUPS CALLED PODS

## SLEEP PATTERNS

DOLPHINS SLEEP WITH ONLY ONE HALF OF THEIR BRAIN AT A TIME. THIS IS CALLED **UNIHEMISPHERIC SLOW-WAVE SLEEP**. WHILE ONE SIDE OF THE BRAIN RESTS, THE OTHER SIDE STAYS AWAKE TO HELP THE DOLPHIN KEEP SWIMMING SLOWLY.

## REASON AND ADAPTATION

- AVOID DROWNING
- VIGILANT AGAINST PREDATOR
- MAINTAINING BODY TEMPERATURE

