

Turtle Sleep Process



The turtle enters a deep sleep, characterized by minimal movement.



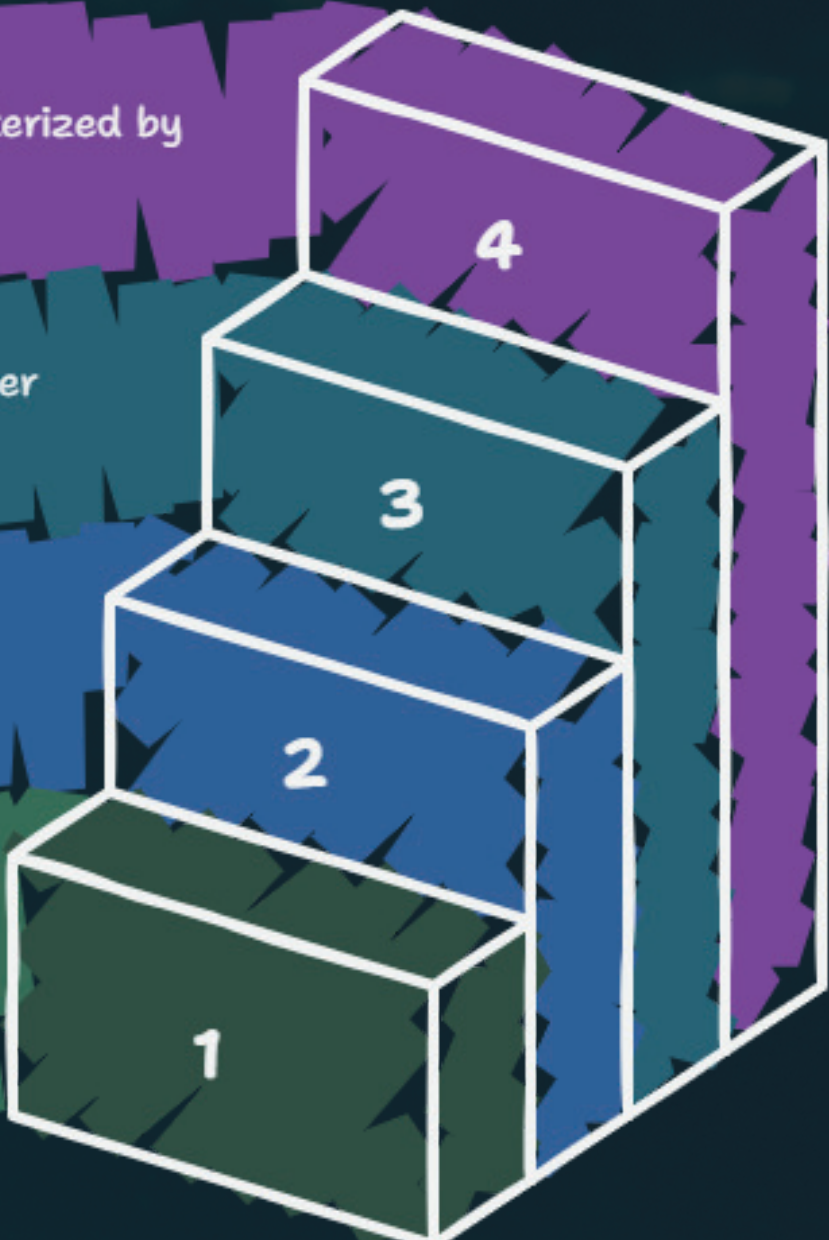
Breathing becomes less frequent, further reducing energy expenditure.



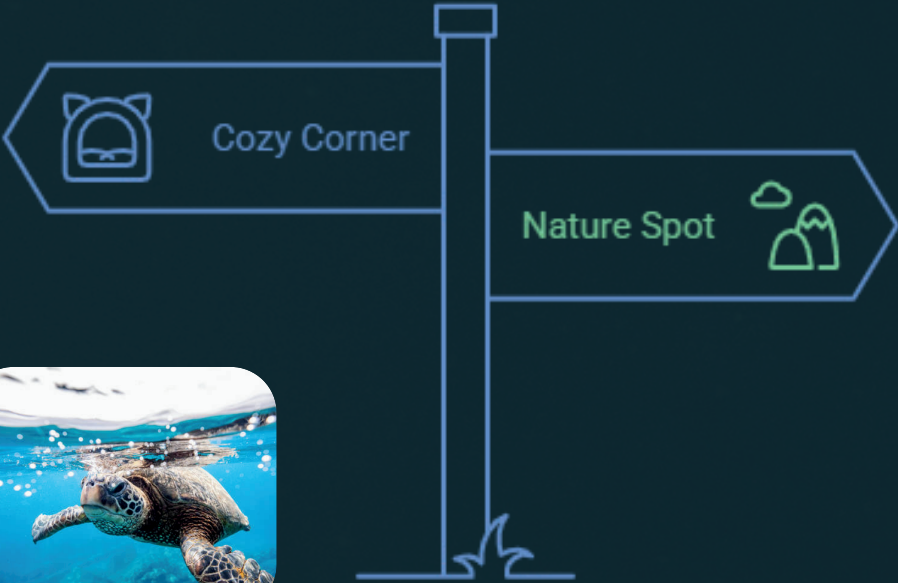
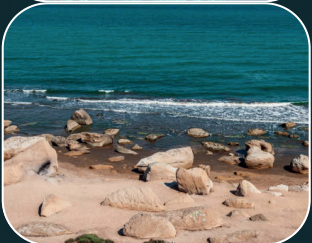
The turtle's heart rate decreases significantly, conserving energy.



Turtles seek out secure locations to rest, often under rocks or in burrows.



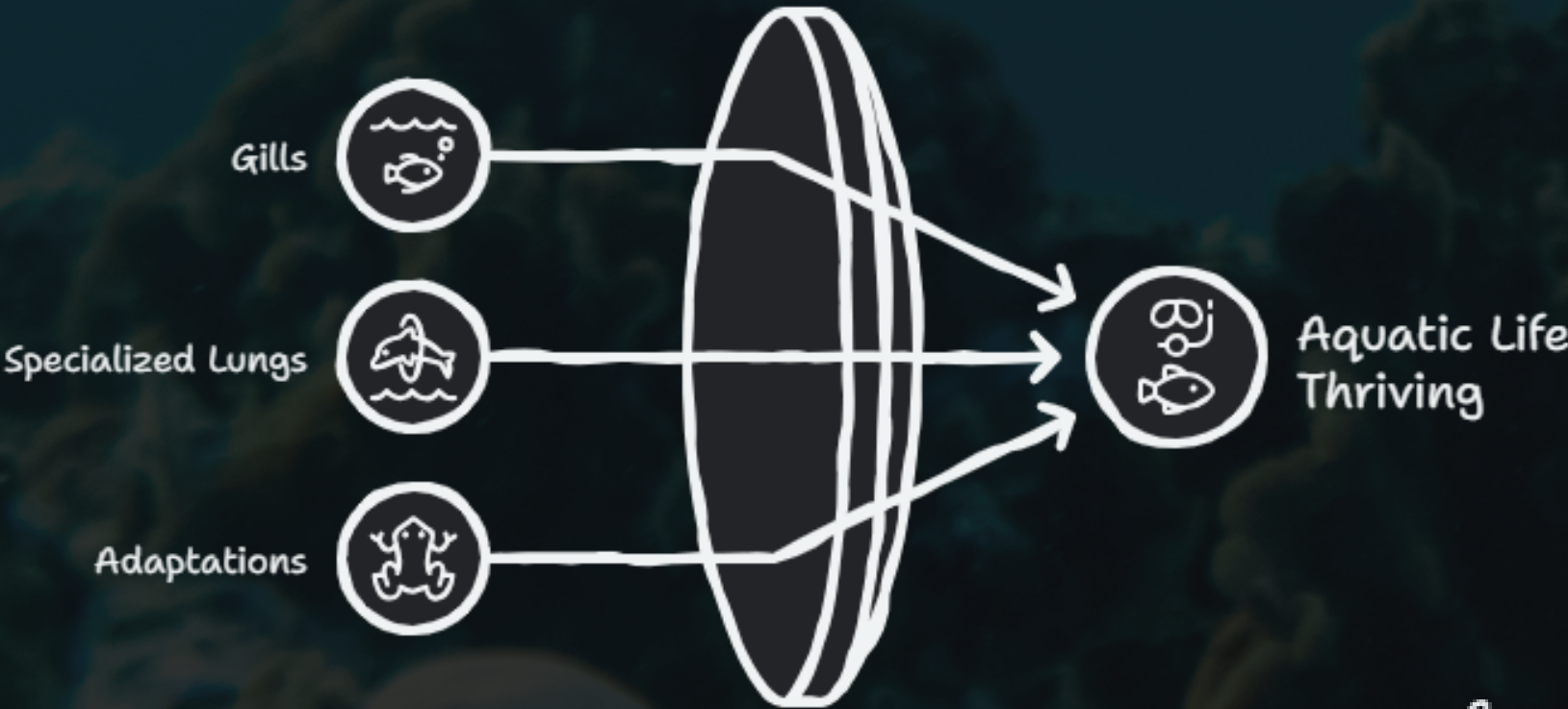
Where should I sleep to ensure safety and peace?



Exploring the Dimensions of Lower Metabolism



Mechanisms of Underwater Respiration



Cycle of Deep Sleep Benefits

