



# Sleep pattern ANTS

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## About them

**Scientific Name:** Formicidae

**Type:** Invertebrates

**Diet:** Omnivore

**Group Name:** Army, colony

There are 20 quadrillion ants on Earth. They can be found almost anywhere in the world, with the exception of Antarctica, Iceland, Greenland, and some island nations.

## BASIC INFORMATIONS

Ants live worldwide in complex colonies with queens, workers, and soldiers. They adapt to diverse habitats, eat varied foods, defend with jaws or poison, and show diurnal, nocturnal, or mixed activity patterns.

## SLEEP PATTERNS

Worker ants take approximately 250 one-minute naps per day. In contrast, queen ants average only 90 sleep episodes daily, each lasting around 6 minutes. This segmented sleep pattern is known as polyphasic sleep and it allows ants to distribute rest periods throughout the day and night.

## REASON & ADAPTATION

Ants don't have brains like mammals, so they don't need long, continuous sleep to rest or process memories. Instead, they can function well with short, frequent naps throughout the day. This fits perfectly with their highly efficient, fast-paced colony life.

## HUMAN CONNECTION

Ants, highly sensitive creatures, are easily disturbed by human activities due to their acute sensitivity to vibrations, light, noise, and environmental changes, which significantly disrupts their rest.



## FUN FACTS

- Florida Carpenter Ants, the only non-primate animals known to perform amputations.
- They have no lungs and blood, but two stomachs.
- An ant's brain measures  $\sim 10^{-4}$  mm<sup>3</sup> (1/3 of a salt grain)

