

## Meet the Sleepy Sloth!

Imagine a sleepy sloth snugly resting on a tree branch. Sloths are special animals known for moving very slowly and sleeping a lot! But why do they love to snooze on trees? Let's find out together!

### 1. Sloths Sleep a Lot Because They're Slow Movers

Sloths move slowly to save energy. Their bodies use very little energy, so they don't need to eat a lot. Since they don't get much food, they rest a lot to keep up their energy.

### 2. Trees Are the Perfect Cozy Spot

Sloths live high up in trees. Branches are like their comfy beds where they can sleep safely away from animals that might want to bother them. They wrap their strong claws around branches so they don't fall while they nap!

### 3. Sloths Sleep Around 15 to 20 Hours a Day

That's a lot of sleep! This helps their slow bodies stay healthy and strong. When they wake, they move slowly to find yummy leaves to eat.

#### Fun Fact:

Because they're so slow, sometimes algae (tiny green plants) grow on their fur, helping them blend in with trees and stay hidden from predators!

So, the next time you see a sleepy sloth snug on a tree branch, remember it's just their way of staying safe, cozy, and full of energy for the day.