

WHAT IS BRUMATION?

In the cooler months, adult bearded dragons go through a process known as brumation. Brumation for cold blooded animals is very much the equivalent to hibernation for warm blooded animals.

Leading up to brumation an adult beardie will become less active, their body temperature will drop, and their heart and respiratory rate will lower. Your bearded dragon's metabolism will slow down, depleting energy levels and appetite. The dragon will then retreat for the winter and go through an extended period without food. Brumation is a natural sleep-state and a direct response to the changing of the seasons.

AT WHAT AGE DOES BRUMATION OCCUR?

Brumation should take place after the age of 9 months and no younger. Brumation is not recommended under the age of 9 months as it can be unsafe and detrimental to the health of the dragon. Please see our file section for PDF: BRUMATION NOT FOR BABY

WHY DO BEARDED DRAGONS BRUMATE?

Brumation is an instinctive behaviour, it is a completely natural process that should not be avoided or disrupted. During brumation, sperm and ovum will be produced or replenished ready for fertilisation during the warmer months. Brumation is a natural process for bearded dragons which should be prepared for and guided by your care.

There is no reason to hinder or interrupt brumation unless otherwise directed by a qualified veterinarian. Brumation is a necessary process guided by your dragons' natural instincts.

WHAT ARE THE MOST COMMON SIGNS TO LOOK FOR?

- *Less activity, sluggish*
- *Loss of interest in food*
- *Less frequency in bowel movements*
- *Digging and burrowing*
- *Waking later*
- *Increased naps and sleep time*
- *Retreating to the cool side of the enclosure*

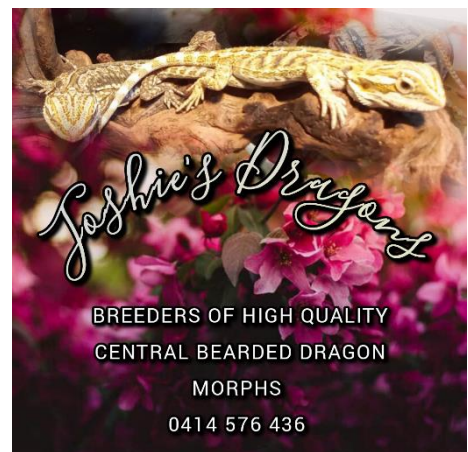
WHAT DO I DO WHEN I NOTICE THESE BEHAVIOURS?

Shorter days signify winter approaching so in turn we reduce the light from 14 hours to 10 hours each day. Follow up with a reduction in food and bathing to assist in waste elimination. Please ensure your dragon has a hide and some sand or a place to burrow down.

Bathing is necessary to help with hydration and to eliminate any waste. Before brumation takes place, your dragon must empty its bowels to avoid health complications.

On the following page you will find our brumation schedule. You are welcome to use it as a guide to help you prepare. It is important to follow each step to avoid impaction and further health complications.

If this is your first brumation and you are feeling concerned, please be reassured this is a very normal process and feel welcome to contact us if you would like to discuss anything.



WEEK 1

- ✓ REDUCE HEAT TO 36
- ✓ LIGHTS TO 10 HOURS

- MONDAY: *Insects & Salads*
- TUESDAY: *No feeding*
- WEDNESDAY: *Salads*
- THURSDAY: *Insects & Salads*
- FRIDAY: *No feeding*
- SATURDAY: *Insects & Salads*
- SUNDAY: *Clean enclosure, bath the dragon to aid hydration and eliminate waste.*

WEEK 2

- ✓ REDUCE HEAT TO 34
- ✓ LIGHTS TO 8 HOURS

- MONDAY: *Insects & Salads*
- TUESDAY: *No feeding*
- WEDNESDAY: *No feeding*
- THURSDAY: *Insects & Salads*
- FRIDAY: *No feeding*
- SATURDAY: *No feeding*
- SUNDAY: *Clean enclosure, provide fresh substrate, bath the dragon to aid hydration and eliminate waste.*

WEEK 3

- ✓ TURN OFF HEATING
- ✓ TURN OFF LIGHTS
- ✓ CEASE FEEDING

Let your dragon burrow down naturally for the winter.
Each Sunday check on your dragon and offer water drips on the nose.

DO NOT:

- Do not hinder or interrupt brumation aside from water drips.
- Do not feed your dragon.
- Do not wake your dragon.
- Feeding your dragon during brumation, and at incorrect temperatures, can lead to impaction and death.

NIKKI

JOSHIE'S DRAGONS

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