

The Third Eye

Other names: Parietal, Solar, or Pineal Eye.

Bearded dragons have a third eye located on top of the head located between and above their eyes. It is visibly seen as a small grey dot. This eye provides critical information to help navigate survival in the wild.

The third eye helps differentiate between day and night by regulating biological processes that signal when it's time to wake up and when it's time to sleep. The third eye also detects a change in seasons. The third eye recognises shadows and changes in light, which in turn acts as a warning system in the detection of prey or movement from above. This is why it is important to approach your dragon at eye level and not looming over and above where it may be startled. Amongst other important functions, the third eye helps to regulate internal body temperatures and directs hormone production.

Like us, Bearded Dragons are diurnal. This means they are active and hunt during by day and sleep at night. Therefore, we need to provide a suitable environment which replicates this process. Due to this reason, we recommend that you avoid the following:

- No red lights or coloured lights, not under any circumstance. These type lights are not suitable for Bearded Dragons. Our dragons are diurnal, meaning they are active by day and sleep at night. Red lights interrupt third eye function and sleep cycle. This can lead to issues like stress, lack of appetite, and a compromised immune system.
- No lights at night. Once again, Bearded Dragons follow a day and night cycle. It is important to switch the lights off at night so your dragon is able to sleep. This helps to release hormones at a time when it is necessary. Please no lights at night, let your dragon sleep.



NIKKI - JOSHIE'S DRAGONS

MOBILE: 0414 576 436

EMAIL: joshiesdragons@outlook.com

WEBSITE: www.joshiesdragon.com

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