

Why Do Cats Sleep So Much?

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If you've ever had a cat, you're probably well acquainted with the sight of a snoozing feline. In fact, cats sleep an average of 15-20 hours every day. If you've ever wondered why cats require so much shuteye, check out these facts:

Cats are natural predators: Felines have the physiology of a predator, which means their natural instinct is to conserve energy during the day and hunt at night. Your cat may be domesticated, but she probably still has a little of that wild cat instinct in her.

It takes a lot of energy to be a cat: When cats are awake, they often spend their time playing, pouncing, climbing, and stalking. It may seem like your kitty is just having fun, but these activities require a great deal of focus and energy, which is why she needs so many hours of sleep to recuperate.

Cats take a lot of naps: Cats spend a lot of time dozing off into a comfortable light sleep, but this doesn't fully recharge the body. Like people, cats are only sleeping deeply when experiencing rapid eye movement. If your cat is getting older or is ill, she may require *even more* hours of sleep. Be sure your cat is comfortable by investing in a quality [cat bed](#).