

## Photo of the Week: Not So Lazy After All

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Sloths have a reputation for laziness because they move very slowly and seem to spend most of the day sleeping in the canopy of the rainforest. However, these furry creatures sleep only for about nine hours a day - six hours fewer than previously thought!

These sleeping patterns can vary depending on factors such as geographical region, temperature, weather, the species of sloth, and whether the animal is in the wild or in captivity. Studies have shown that captive animals sleep more, perhaps because they don't need to spend too much time foraging and remaining alert for predators.

This photo is from **Finca Luna Nueva Lodge**, a self-sufficient ecological hotel located only 10.5 miles away from Costa Rica's famous Arenal Volcano and next to the Children's Eternal Rainforest.