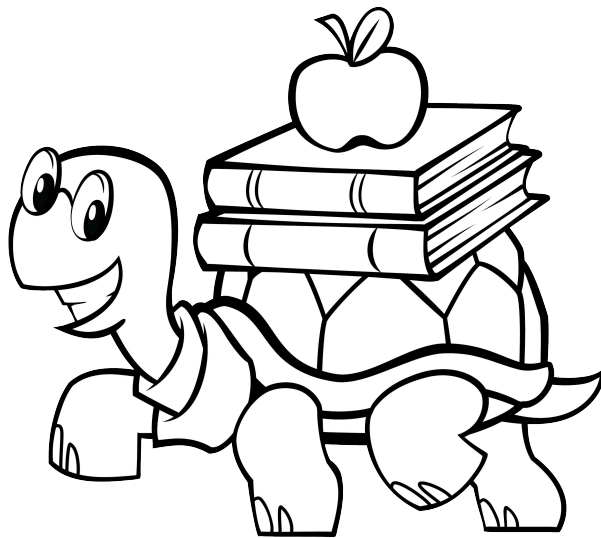


Coloring Activity Animals that hibernate versus deep sleepers

NOVEMBER 2025



This Month

What is the difference between hibernating and entering a deep sleep? Many animals in North America hibernate, including groundhogs, bats, ground squirrels, and some turtles and frogs. Others, like bears and raccoons, enter a lighter sleep state called torpor. They might sleep for long periods, but wake up during the winter months to eat and replenish their nutrition. Groundhogs become very round before winter survive on the fat they store, and do not need to wake up!

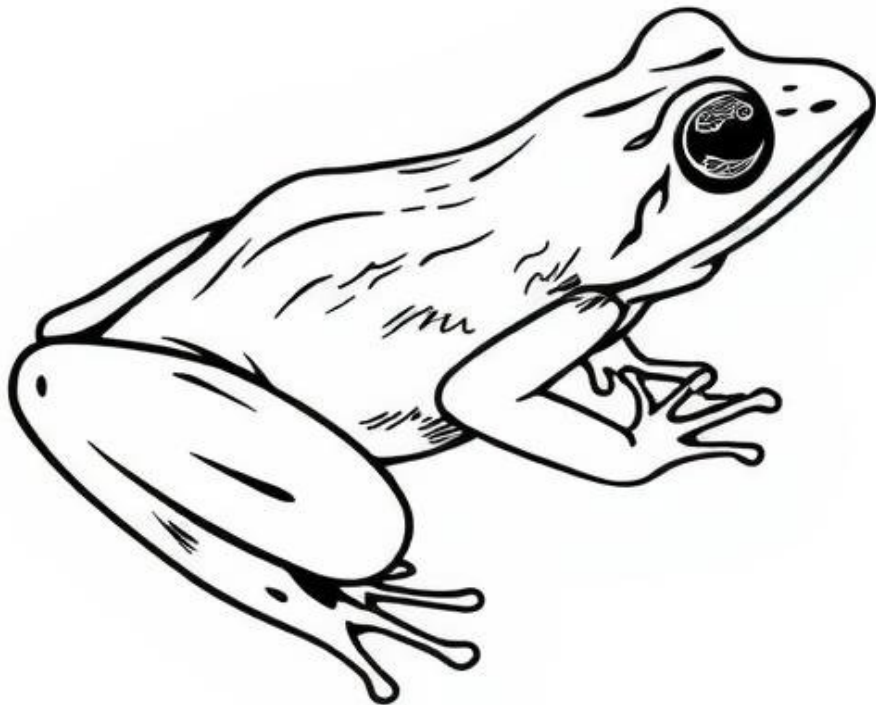




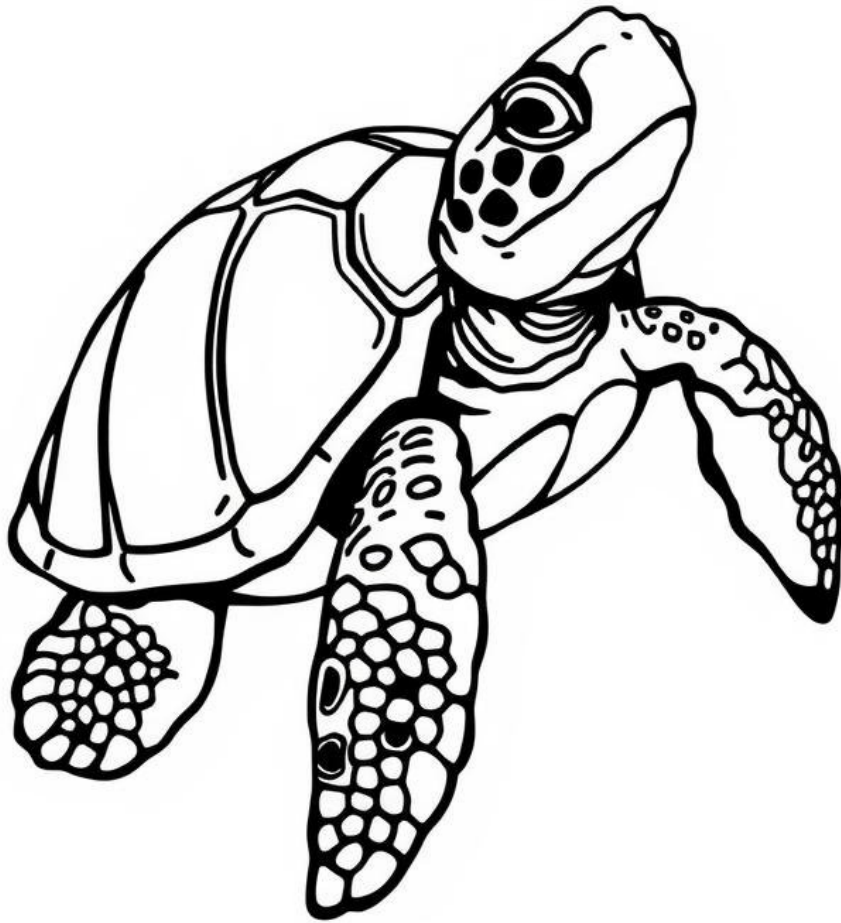
Groundhogs are "true hibernators" and can survive on fat stores for their entire winter sleep.



**Ground squirrels hibernate in deep
burrows in the ground**



Wood frogs hibernate in the mud at the bottom of ponds.



**Certain turtle species will hibernate
underwater in mud at the bottom of
ponds or lakes.**



**Black Bears enter a state of torpor,
a lighter form of sleep than true
hibernation.**



**Skunks can enter a state of torpor
and are light sleepers.**



Raccoons enter a state of torpor during the winter.