

## Sugar Glider Daytime And Nighttime Behavior

**Sugar gliders are more active at night.**

*By Audrey Pavia*

Sugar gliders are nocturnal, which means they generally sleep during the daylight hours and are active all night. Some sugar gliders may start to awaken around dusk and be active all night while others may not awaken until 10 p.m. or even 2 a.m.

In general, sunlight guides sugar gliders' sleep patterns. Occasionally, sugar gliders may come out during the day if they are very hungry or disturbed. Consistently sleeping more than 16 hours in a day may indicate an ill or stressed sugar glider.

Handle your sugar glider for at least two hours per night for good bonding. It may take special goodies to lure your sugar glider out of its nest when you are ready to interact.