

## SHELTER

Sloths live almost exclusively in the trees. They are arboreal animals. Trees provide shelter from the heat, rain and wind. Sloths use their long claws to help them hang from the tree branches. This is where they sleep, eat and socialise. Sloths are almost completely blind in bright daylight. Trees provide a shady habitat where sloths can move around safely.

## TRANSPORT

Sloths use the network of trees as a way to move around. They crawl and hang from the tree branches as they search the rainforest for food.

About once a week, sloths will come down from the trees to use the forest floor as a toilet. However, they will then retreat back to the safety of the treetops.

# SLOTH FACTSHEET



## WATER

Because sloths spend most of their time in the trees, their main source of water is the fresh leaves that they eat. When a sloth does come down from the trees, it may drink water from ponds or rivers.

## FOOD

Trees are the main source of food for all species of sloths. They eat the tree leaves although this is not a very nutritious diet. It can take up to 30 days for sloths to digest just one leaf! Sloths do not gain much energy from the food they eat which is why they move slowly.

## PROTECTION

The trees provide protection for the sloths. Most sloths' fur is covered in a green-coloured layer of algae. This helps to camouflage them against predators such as harpy eagles. Slow movement through the trees helps to keep the sloths hidden from predators.

The rainforest floor is where predators such as ocelots and jaguars live. Sloths spend very little time on the forest floor as it poses the most danger.