

# TWO-TOED SLOTH

*located in the Wetlands of the Americas*

## Are sloths “lazy”?

- Sloths have a reputation for being lazy, but actually are highly efficient and adapted to a slow-moving lifestyle - they move only when necessary and then only very slowly.
- The sloth’s hooked claws allow it to hang upside down from tree limbs without using extra energy to hold on.
- Sloths spend 15 to 18 hours a day sleeping to conserve energy.

## Native habitat and diet

- Two-toed sloths feed primarily on leaves, fruits and buds in the wild.
- They are native to the rainforests of Central and South America.
- Like all rainforest animals, sloths are faced with habitat loss due to human demands for resources.

## Life in the “slow lane”

- Sloths may take a month or more to fully digest a meal.
- They have a mostly arboreal (living in trees) lifestyle, which means that sloths only come down to the ground for two reasons: to poop, and to move to another tree - although some males may spend their entire life in just one tree!
- Sloths move so little that in the wild, green algae grows on their fur and helps to camouflage them.
- Sloths’ main defense is their slow movement. It allows them to go relatively unnoticed by predators such as jaguars and harpy eagles. Sloths become most vulnerable during their infrequent trips to the forest floor.
- Our sloth, Wookie, is the only mammal currently on display at the National Aviary.

***DID YOU KNOW? Although they are not known for their speed or agility, sloths are surprisingly good swimmers.***



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