



## RESTING BEHAVIOUR POSTURES OF INDIAN SPOT-BILLED DUCK (*Anas poecilorhyncha*)

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### AUTHORS' CONTRIBUTIONS

This work was carried out in collaboration among all the authors. Authors RN (Principal & Head) and SA (Controller of Examinations) designed the study, performed the analysis, wrote the protocol and wrote the first draft of the manuscript. Author MAP (Research Scholar) carried out the field work, managed analyses of the study and literature search. All the authors together approved the final manuscript.

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### ABSTRACT

This study presents different resting postures of Indian spot-billed duck. Four resting postures were observed namely: Sleep posture, Rest-sleep posture, Rest posture and Unipedal posture. In every resting posture, ducks remained vigilant which is crucial for its survival from predators. Vigilant actions such as “peeking” and “pseudo sleep” were also observed. Sometimes, lotus leaves were used for sleep. Invariably, resting period was high during mid-day compared to morning / evening.

**Keywords:** Indian spot-billed duck; *Anas poecilorhyncha*; resting postures; Aves; ornithology.

### 1. INTRODUCTION

Sleep is a natural recurring state of body and mind. It is characterized by altered consciousness, inhibited sensory activity, reduced muscle activity and inhibition of voluntary muscles with rapid eye movement, besides reduced interactions with the surrounding. Sleep is of great significance, carefully personalized to the life-style of an individual. Sleep and rest are important aspect of animal behaviour [1]. The duration and pattern of sleep affects the pattern of behaviour as it regulates energy conservation and

possible physiological state of an individual. Sleep is a vital behaviour that can reflect an animal's adaptation to the environment. However, a better understanding of normal age-specific sleep patterns is considered as a crucial aspect [2,3]. Most theories proposed suggest a role for non-rapid eye movement (NREM) sleep in energy conservation and nervous system recuperation. On the other hand theories of REM sleep have suggested a role for this state in periodic brain activation during sleep, in localized recuperative processes and in emotional regulation [2].

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