

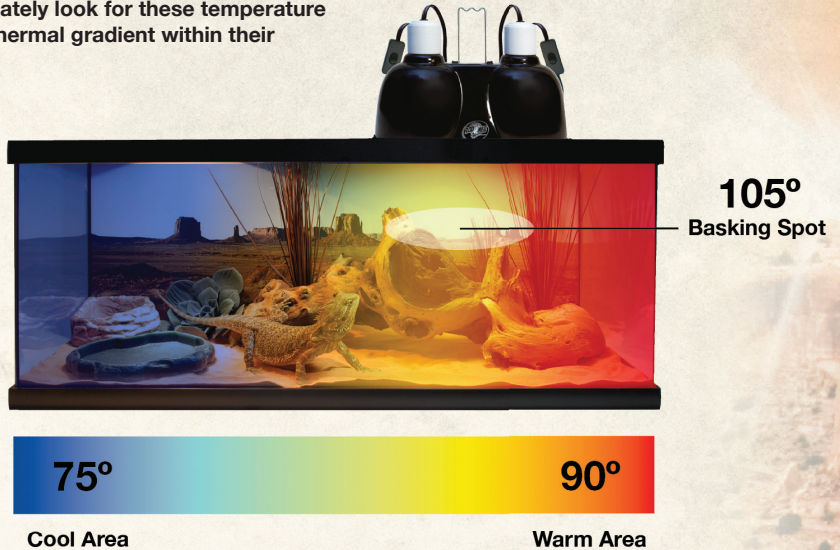
# THERMOREGULATION

## What is Thermoregulation?

The body temperature of most reptiles is influenced by the outside environmental temperature. This means that to control their body temperature, the animal must move to a warmer or cooler location. Your pet will innately look for these temperature differences so it is important to provide them with a thermal gradient within their terrarium.

## Thermal Gradients

Providing a heat gradient within your enclosure allows your pet to thermoregulate by choosing what temperature it's most comfortable in. Your thermal gradient can be horizontal or vertical depending on your pet and their terrarium.



## Measuring Temperature

Placing heat lamps and/or heat strips on one side of the terrarium will naturally create this gradient but don't guess the temperatures! Use a thermometer(s) to measure the temperature in each area of the enclosure.

## Basking Spots

An important feature to remember when setting up a thermal gradient is the Basking Site. This designated area on the "warm side" of the habitat is generally the hottest area your pet can access. It should be a place that is easy for your pet to get to and a comfortable place to rest as many reptiles may spend a significant part of their day "basking" and soaking up the heat. Setting up a basking site can simply be done by placing a Basking Spot Lamp®, Halogen, Powersun®, or other reflector type lamp over one side of the habitat. For arboreal lizards, this should be over a comfortable perching branch; for aquatic turtles, place the lamp over a dock or land area; for tortoises, basking is usually done in an open, flat area in the habitat.

