



Bearded Dragon Care Sheet

Species Name:

Pogona vitticeps

Adult Size:

18-22 Inches

Lifespan:

15 Years

Breeding Age:

18 Months (males) 24 Months (females)



Bearded dragons, native to Australia, are beloved reptilian companions known for their docile nature and unique behaviours. Their distinctive "beard" of spiky scales puffs out during displays of dominance. These diurnal creatures bask under heat lamps, requiring specific UVB lighting for calcium absorption and overall health.

Omnivorous by nature, they enjoy a varied diet of insects and leafy greens. Bearded dragons exhibit fascinating social interactions, often bobbing their heads or waving their arms as forms of communication. Popular as pets for their manageable size and gentle demeanour.

Housing:

Enclosure: Provide a spacious enclosure with a minimum size of 4ft to allow your dragon to manoeuvre around the vivarium and exercise.

Substrate: Dry substrates such as sand or reptile carpet can be used to mimic the dragon's natural environment, always use reptile safe sand, ingestion of sand can cause impaction, most reptile sands are designed to be digestible in small amounts.

Temperature:

Maintain a basking spot temperature of 38-40°C.

Provide a gradient, with the cooler side around 27-29°C.

Use a heat source like a basking light and a heat mat for heating.

Night time temperatures can drop to 16-23°C.

Lighting:

Provide a UVB light source (10-12%) for at least 10-12 hours a day to support calcium metabolism and overall health.

Diet:

Feeding: Offer a varied diet of insects (crickets, roaches, mealworms), leafy greens, and vegetables.

Supplements: Dust insects with calcium and vitamin supplements 2-3 times a week.



Humidity and Hydration:

A humidity of 30-40% should be maintained.

Provide a shallow dish for drinking water. Mist the enclosure occasionally to maintain humidity levels and aid in shedding.

Enrichment and Handling:

Place hiding spots, rocks, and branches for climbing to create a stimulating environment.

Provide a secure hide for them to retreat and feel safe.

Handle your Bearded Dragon gently and regularly to foster trust, but be mindful of their stress levels.

Health Considerations:

Regularly monitor for signs of illness, such as lethargy, changes in appetite, or difficulty shedding.

Quarantine new reptiles before introducing them to existing enclosures.

Remember that the care requirements for Bearded Dragons may vary slightly based on individual needs, so observe your dragon's behaviour and make adjustments accordingly. Always prioritize the well-being and health of your pet by providing a well-maintained and enriched environment.