

# Do Parrots Need A Bed?

Many avian pet owners are concerned about their birds' diet, toys, and cages. As a first-time Caiques/Conure owner, I worried about these factors contributing to my pet's well-being. Over the years, we have done lots of research on their basic natural requirements and instinctual needs.

But over the years, I have realised that often, many bird owners forget about the need for a bed for their parrots. Or believe many myths they have seen or read on Facebook or Google. Sadly, many of these people answering the questions have no more knowledge or even less experience than those asking for advice. However, sleep is an integral and vital part of ensuring your parrot's health, so the importance of beds must be considered.

So, do Caiques/Conures need a bed? **Caiques/Conures need a bed to sleep well and better inside the cages. However, each parrot's needs and personalities differ from one species to another. A bed is unnecessary for every parrot, but those who prefer the comfy feeling and suffer from night frights definitely need one.**

Conures and Caiques, and some others, are not perch sleepers. They are naturally hollow Crevice sleepers :) Some may sleep on their tummies, backs, sides, etc. But it is hard to do that from a perch or hanging off the side of the cage, as we have seen, as they are either scared to sleep elsewhere or cannot find a safe cavity in which they feel secure. Just for the record, we have hundreds of conures and quite a few Caiques as well, Inside birds as well as outside birds, and there is not **one that chose to sleep on the perch instead of a box.**

Parrots are great social birds to be around. Believe it or not, but Caiques/Conures likes to feel comfy and snuggle. And while you focus on setting up the cage for your avian friends with toys and perches, forgetting about its bedding is never suggested.

From my experience of many years with our many different parrots like Conure Caiques, etc.. I can say that giving them beds to sleep in boosts their sleeping experience inside the cage and out in an aviary.

Whether it's a baby parrot or a large one, your Caiques/Conures will be looking for a bed to sleep and play. So, let's find out why parrots need a bed, why they find a good bed, and where you can find good beds for your birds.

# Reasons why parrots need beds

Parrots are known to be extremely intelligent, highly social and tremendously curious birds. Having such lively and talkative birds around can liven up the atmosphere of any household.

While parrots love to move around and stay active, they also require a good night's sleep. Installing comfortable beds as a nest cave or sleeping box is a great idea to ensure that your parrots receive the needed amount of sleep.

Here is why parrots need and enjoy having a bed inside their cages:

- Owning a bird is a big responsibility, along with ensuring its well-being. Hence, to make sure your parrots get good sleep (which they need to stay healthy), they need beds
- A bed serves as a perfect place for your parrots to rest
- A bed offers a parrot **a sense of comfort, security and privacy**
- A sleeping box offers your parrots a place to retreat when they are looking for seclusion during the day (something the open-end tube huts and tents cannot provide)
- Bird beds imitate nest cavities; they also help your parrots feel more secure and calmer **while in cages or new environments**.
- Hens need a sleeping box for warmth & humidity to prevent hypothermia (from not having a box to sleep in), and environmental stress has all been implicated as a cause of egg binding.
- In bed caves & sleeping boxes, they can enjoy complete darkness at night, which they need to sleep well, as with the light changing as days get shorter, it stimulates the release of their breeding sex hormones that give parrots the urge to breed.
- Gives them warmth in winter and keeps them cool in summer; artificial heating that you see caregivers offering only confuses the bird and stimulates the release of their breeding sex hormones that give parrots the urge to breed also.
- Wooden boxes are safe, secure and protective; as wood is a digestive material that they chew in the wild, they can also chew it safely in captivity, Unlike anything made from fabric-type materials like cotton, Synthetic threads, felt, canvas, seagrass and matting etc.

## **What makes a good bed for parrots?**

Nowadays, there are various types of beds available for parrots. But, as far as good beds are concerned, it is recommended to opt for beds that are made with quality wood-type materials that pose no health threats to the parrots.

Since parrots like to chew on almost everything, beds made with good, safe wooden products should be high on the priority list of any parrot owner.

Remember, if a bird can sleep comfortably, it offers a sense of security and helps it to become more used to the present house and the owner.

A good bed for your parrots always offers them the needed support, comfort and security while sleeping. If the materials aren't soft or comfortable enough for your parrots, your birds may not like to go to it to rest, let alone sleep in the bed/box. We recommend having at least 100mm of untreated pine shavings at the Box's bottom.

Depending on the size of your parrots, make sure the Box you buy for them is spacious enough, as parrots often like to play in the beds and later sleep in them.

While opting for hanging sleeping/nest boxes, get the necessary hooks and clips to offer a safe and properly hung box for your parrots.

Along with comfort, a good bed for parrots should give the birds the warmth they need during the cold weather. Durability, lightweight and soft, portability, and easy fixability are some of the qualities to be present in a good bed for your parrots.



**Grandfather Nest Box Small**

Interior dimensions are 25 x 25 x 40cm tall. The entrance hole is 75mm

## Finding a good bed for your parrots

Boxes & logs for birds can be found in pet stores and retail stores. However, buying them online can save both your precious time and money. But make sure there is a good quality 16 -18mm ply or timber as they will chew through flimsy soft type ones in no time. Putting wooden blocks inside to chew is also a good idea.



Yes, there are many reputed and reliable websites, but below is one that Amazon sells cheap and nasty that will only last a few days, sadly



Here are some good bed options to stay well away from as they are deadly death traps for your pet bird from crop impaction and usually death or entanglement

**Hanging Swing Hammock Dangerous**



**Hanging Snuggle Cave/Happy Huts are Dangerous**



## Bird Nest House Bed **Dangerous**



## Related Information

**What to keep in mind when making DIY beds for parrots?** When planning to make a DIY box for your parrots, make sure to use safe and non-toxic materials as well as inside the box bed. Before putting the bed to use, fasten it to the cage bars for safety. Also, hang it as high as possible in the cage or Aviary so that they feel secure. You may have to pop them into their new Box for a few

nights while it is dark so they know it's safe and ok, as they can take a little while to get accustomed to new things.

**Do parrots sleep during the night?** Yes, parrots do sleep at night. Sleep is crucial to every bird's well-being; a parrot needs around 8 to 10 or 12 hours of sleep every night to stay healthy and happy. Due to how nature has designed them, parrots follow the sleeping schedule of waking up at sunrise and sleeping after sunset. The changes in the length of the day and the temperature change tell them what season it is.

“In nature, these are the seasonal changes that create conditions that stimulate the release of breeding sex hormones that give parrots the urge to breed”

Written by Dr Marshall, Avian veterinarian & nutritionist with an M.A.C.V.Sc. Degree in Avian Medicine

**Can parrots sleep with the lights on?** Distractions like light or noise prevent a parrot from falling asleep at night. Since a bird's instinct is to stay awake as long as there is light and activity, parrots fail to sleep with lights on. Turning off the lights and covering the cage with covers help parrots sleep undisturbed.