

For release
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Hibernation! Many animals indulge in a winter sleep known as hibernation. Summer sleep of the same kind is called aestivation. Birds do not hibernate. Contrary to common belief, this winter sleep is not induced by cold, but, it is believed, by an expected insufficient supply of food. Indeed, many animals start their period of hibernation while it is still comparatively warm. In fact, all hibernating animals take precautions against cold, seeking sheltered places like caves and the hollows of trees for their winter nap. Extreme cold has the effect of arousing them.
