

BEARDED DRAGON Care Sheet

Bearded Dragon Facts	
Common Names	Inland Bearded Dragon, Beardie
Scientific Name	Pogona vitticeps
Size	16-24 inches (<i>males are usually larger</i>)
Weight	400 – 550 grams (<i>males are usually larger</i>)
Lifespan	8-15 years
Diet	<p>Protein (25% of adult diet): Dubia roaches, superworms, silkworms, hornworms, black fly larvae. OCCASIONAL waxworms, locusts, crickets, mealworms, and pinkie mice (mice should only be fed no more than 1x/month due to fat content)</p> <p>Main veggies (70% of adult diet): Daily- dandelion greens, turnip greens, mustard greens, beet greens, collard greens, bok choy, Swiss chard, pea shoots, turnip greens, and escarole are great daily vegetables. You can also utilize spring mix. Less frequently carrots, squash, zucchini, peas, broccoli, bell pepper, and butternut squash can be given</p> <p>Other veggies and fruits (5% of adult diet): Green and red leaf lettuces can be given. Fruits and other vegetables should only be treats.</p> <p>****Give calcium and vitamin D supplement every mealtime, including on veggies</p> <p>It is recommended to offer a variety of foods and rotate through to ensure a complete nutrient profile.</p> <p>DO NOT GIVE AVOCADO, ONIONS, OR MUSHROOMS</p>
Tank Size	Minimum 10-gallon when young, larger as adults
Humidity & Temperature	Temperature: 75 – 110°F Humidity: 40 – 50%

Temperature and humidity values outside of their natural range can be very detrimental to health:

- If bearded dragons live in an enclosure with high OR low humidity (*over 70%, below 30%*), they can develop respiratory infections.

- If tank temperatures are too low they will become unable to metabolize and will lose bodily functions.

**Soaking in warm water or 50% Pedialyte solution for 10 minutes 1-3x a week can also help with hydration levels, shedding, etc.

Lighting and Heating

Bearded dragon **tanks need a UVB light for a basking area** for the daytime and a ceramic bulb for the nighttime.

They need a heat gradient in the tank with one side that reaches 95-110°F and the cool side can be around 75°F.

Be sure to turn lights off at night so your bearded dragon can rest.

Night-time temperatures can drop to around 70°F but shouldn't go much lower.

Undertank heating pads are not recommended due to the risks of burns.

Even though bearded dragons live in the desert, **humidity should stay in the range of approximately 40%.**

This can be achieved by having one soaking bowl in the enclosure. Make sure the soaking bowl is large enough for your lizard to fit in, but not too deep so that the water dish level comes above their ears. You can also utilize sphagnum moss or moist sponges (but be sure to change out sponges regularly due to bacterial growth).

You should install digital thermometers and humidity gauges to check the temperatures of the warm side and cool side of the tank. It is also recommended to get a temp gun as they are most accurate.

Substrate

Astroturf, reptile turf, carpet, and linoleum can all be appropriate substrates for bearded dragons

You should avoid using sand, calcium sand, bark, and dirt because it will cause impaction if swallowed.

If you choose a reptile carpet it will need to be spot-cleaned daily. Each month it will need to either be deep cleaned with bleach or replaced entirely, depending on its level of wear.

Newspaper or paper towels will need to be replaced weekly.

Feeding amount recommendation:

Be aware that bearded dragons are very prone to obesity and health complications from that so be sure not to overfeed.

Age	Frequency	Quantity
Hatchlings (0 to 6 months)	Every day- multiple times a day	Protein sources only- 1-2 insects at each feeding
Juveniles (6 to 15 months)	Every day	2-5 appropriately sized insects and offer salads
Adult	See right:	Only feed insects 2-3 times weekly (bearded dragons are very prone to obesity), veggies daily