

# Is This the First Ever Footage of a Great White Shark Sleeping?

*By Paige Towers • June 30, 2016 at 1:23pm*

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## Shark Week

came early this year, kids! Maybe we've behaved better than we thought, or perhaps Discovery executives couldn't wait to enjoy the ratings pump they receive during the week dedicated to everyone's favorite finned creature. Either way, the last few days have been ripe with plenty of shark related TV — including sharks as long as SUVs snatching seals out of the air and banging against cages housing scuba divers. But our favorite segment shows what may be the first ever footage of a great white shark sleeping.

The video, which was shot by a robotic submersible camera, appeared on the new Shark Week show, “Jaws of the Deep.” In a clip

available online, a tracked female Great White Shark named Emma is shown swimming slowly against the current in shallow waters, seemingly oblivious to her surroundings.

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As a researcher in the video states, “During the day the shark is staying deep, waiting for some prey item to come above them so they can feed on it. During the night we’re seeing very, very different behavior. The shark is hugging the shoreline more or less. It’s staying close to the bottom.”

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At one point in the night, the researchers even catch something on camera that they've never seen before: Emma the shark's jaws gape open. As the narrator states, "She appears to be in an almost catatonic state."

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So has this group of researchers discovered what great white sharks do at night after a busy day of hunting? Although scientists do know that most sharks enter into relaxed states

in order to conserve energy and have, whether Emma is really sleeping or not has still yet to be scientifically proven.

What we do know is that if Emma were to stop swimming while she grabbed a few Zzzs, then she'd sink to the ocean floor and perish. That's because most species of sharks — including great whites — need to constantly keep moving in order to breathe. Without oxygenrich water continuing to flow through their gills, they would die. One exception to this rule is the Lemon Shark.

Members of that species are facultative swimmers, meaning they can swim or stay put

, and use that ability to rest on the bottom at times.

You can watch the entire clip of Emma's suspected snooze here:

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Try watching this video on [www.youtube.com](http://www.youtube.com), or enable JavaScript if it is disabled in your browser.

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