Bearded Dragon

Pogona vitticeps

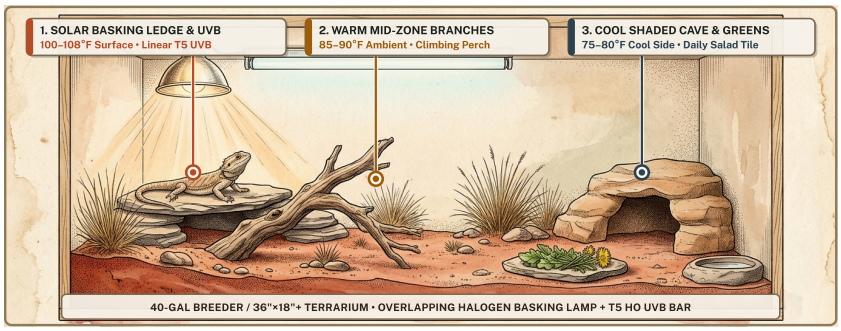
The Quick Version: Bearded Dragons are the Golden Retrievers of the reptile world! Native to sun-baked Australian scrublands, they're daytime climbers and sun-worshippers that spend mornings pancaked under hot sunbeams before chowing down on leafy greens and bugs.



LIFESPAN	ADULT SIZE	ACTIVE HOURS	ADULT TANK	HOUSING
10–15+ Years	18–24 Inches	Daytime (Diurnal)	40B / 36×18"+ Tank	Strictly 1 / Tank

1. Sunbeam Basking & Tank Setup

BIG KEY: OVERLAP YOUR HEAT LAMP & LONG T5 UVB TUBE OVER THE SAME SPOT!



Basking Surface Temp
Check the branch/rock itself with an IR temp gun! **100°–108°F**

Warm Side Air Temp
Keeps their digestion and appetite firing **85°–90°F**

Linear T5 HO UVB Bar
10.0 / 12%–14% tube spanning half the tank (no coils!) **Strong UVB**

Cool Side & Salad Zone
Shaded side so they can cool off + eat greens **75°–80°F | 30–40%**

Nighttime Temp Drop
Pitch dark at night — healthy drop helps them sleep **65°–72°F**

2. Two Ways That Work — Pick What Fits Your Home

SHORT & SWEET: BOTH OPTIONS WORK GREAT

Flooring: Easy-Clean Tile vs. Digging Mix

Once your basking spot is a true 100–108°F, healthy dragons do great on either setup:

OPTION A: TEXTURED SLATE TILE OR NON-ADHESIVE MAT
Wipes clean in seconds, keeps their claws trimmed naturally, and is our go-to recommendation for babies under 6 months.

OPTION B: 70/30 REPTISOIL & FINE REPTISAND MIX
For healthy older juveniles and adults, 4–5" of packed Reptisoil + fine quartz sand lets them dig happily (**never use calcium sand!**). For bioactive cleanup, add our **Giant Canyon (P. dilatatus)** or **Powder Orange/Blue Isopods + Springtails** under the water dish!

UVB Lighting: Why We Always Use a Long T5 HO Bar

Skip screw-in coil UVB bulbs — they don't reach far enough for a Bearded Dragon! Use a linear T5 HO hood right on the screen:

OPTION A: 12%–14% / 10.0 T5 HO BAR ON TOP OF SCREEN (OUR TOP PICK!)
Screen mesh blocks ~30% of UV light, so a strong 12%–14% or 10.0 T5 HO fixture resting on the screen 10–12" above the basking branch is ideal.

OPTION B: OVERLAP YOUR T5 UVB HOOD & BASKING DOME!
Set your T5 UVB bar and 100W–150W halogen basking dome side-by-side on the warm end so your dragon gets heat and UV in the exact same sunbeam.

Keeping Them Hydrated

Many dragons ignore standing water bowls because they're wired to drink raindrops off plants:

OPTION A: MIST THEIR MORNING COLLARD GREENS + OFFER HORNWORMS
Spraying their daily greens with water (and treating them to a juicy hornworm) sneaks water right in with breakfast.

OPTION B: DRIPPING WATER ON THE SNOUT OR WARM SOAKS
Drip water gently on the tip of their nose until they lick, or offer a 10-minute warm belly-deep bath during big sheds.

Flip Over for Page 2: Feeding Schedule, Team Tips & Grab-and-Go Checklist →

3. The Diet Flip: Bugs for Babies → Greens for Adults

TEAM TRICK: ALWAYS PUT FRESH GREENS IN FIRST THING IN THE MORNING WHILE THEY'RE HUNGRY!

Babies 0–5 Months	**70% Live Bugs / 30% Greens:** Growing like weeds! Feed bugs 2× a day (as many as they'll eagerly eat in 10 mins) plus finely chopped greens every morning. Dust bugs with Pure Calcium daily.
Sub-Adults 6–11 Months	**50% Live Bugs / 50% Greens:** Slow bugs down to once a day (then every other day) while serving a big daily bowl of dark leafy greens.
Adults 12+ Months	**80% Fresh Greens / 20% Bugs:** Big daily salad + live bugs only 2× a week! Adult dragons love bugs like kids love pizza, so cutting back keeps their liver and weight healthy.

What Goes in the Salad Bowl & Bug Dish:

Daily Staple Greens
- Collard, dandelion, mustard, turnip greens, endive

Best Staple Bugs
- Dubia roaches, crickets, Calci-Grubs (BSFL)

Fun Salad Toppers
- Grated butternut squash, bell pepper, flower toppers

Big No-Nos
- Skip fruit (rots teeth!); NEVER feed avocado or fireflies!

Salad Stubbornness Tip: If your dragon picks out all the bugs and ignores their greens, sprinkle dried hibiscus/dandelion flower toppers or bee pollen on the salad, or drop wiggle-happy Calci-Grubs right into the greens so they grab leaves by accident!

4. Tips, Tricks & Big No-Nos from Our Reptile Team

REAL-WORLD HABITS THAT KEEP THEM THRIVING

Swap UVB Bulbs Yearly
UVB tubes stop making invisible UV rays long before the light burns out! Mark your calendar to swap the T5 bulb every 10–12 months to prevent soft bones (MBD).

Winter 'Brumation' Naps
When winter hits, adult dragons often get sleepy and hide for weeks. Don't panic — that's brumation! Just have a vet check a poop sample first to make sure parasites aren't the culprit.

Waving & Head-Bobbing
Little slow arm-waves mean 'I'm friendly / you're the boss!' Fast head-bobbing and a black beard mean they're feeling feisty. Always house dragons 100% solo.

2-Hour Digestion Rule
Make sure you feed at least 2 hours before the lights click off at night — they need that 105°F basking heat to digest dinner!

5. Grab-and-Go Setup Checklist

ASK US ON THE FLOOR — WE'LL HELP YOU MATCH EVERYTHING!

ENCLOSURE & DECOR
- [ ] 40-Gal Breeder Tank or 36"×18"×24" Front-Opening Glass Terrarium
- [ ] Slate Tile / Non-Adhesive Liner OR Reptisoil + Reptisand Mix
- [ ] Sturdy Basking Branch, Flat Basking Rock & Cool-Side Cave
- [ ] Wide Shallow Salad Dish & Easy-Access Water Bowl

SUNBEAM HEATING & T5 UVB
- [ ] Linear T5 HO Desert UVB Fixture & Bulb (10.0 / 12%–14%)
- [ ] 100W–150W Clear Halogen Flood Basking Bulb + Ceramic Dome
- [ ] Digital Thermostat / Dimmer & Digital Probe Thermometers
- [ ] Infrared Temp Gun (the only way to read real surface temps!)

GREENS, BUGS & SUPPLEMENTS
- [ ] Live Dubia Roaches, Crickets & Calci-Grubs (BSFL)
- [ ] Omnivore Veggie Gel Diet & Dried Flower Salad Topper
- [ ] Pure Reptile Calcium (No D3) & Calcium (With D3)
- [ ] Reptile Multivitamin & Bug Gut-Load Chow

A Quick Note from Our Team — Keep Learning & Ask Us Anytime!

The quick version: there's more than one right way to set up a great enclosure! As long as your temperatures, humidity, and diet are dialed in, your pet doesn't care whether its cave is fancy resin or a terra-cotta pot. Bringing home this critter is a **10–15+ year commitment** — use these two pages as your home-base cheat sheet, watch what your pet tells you with their daily behavior, find a good local exotic vet, and call or stop by the shop anytime you have questions!

MY DRAGON'S INFO

Name / Morph: _____

Current Diet: _____

Date Adopted: _____