

European Legless Lizard



OVERVIEW



- Scientific Name: *Pseudopus apodus*
- Origin: Southern Europe to Central Asia
- Ease of Care: Intermediate
- Potential Adult Size: 3-4 feet
- Life Span: Upwards of 20 years
- Behaviour: Diurnal
- Diet: Insectivore
- Handling: Intermediate (Stress easy when handled)
- Humidity: 40-60%

TOP TIPS

- ✓ Provide low-level logs, branches, cork tubes and bark for enrichment within the enclosure
- ✓ Add live plants, leaf litter and pockets of damp moss to help maintain humidity

HOUSING

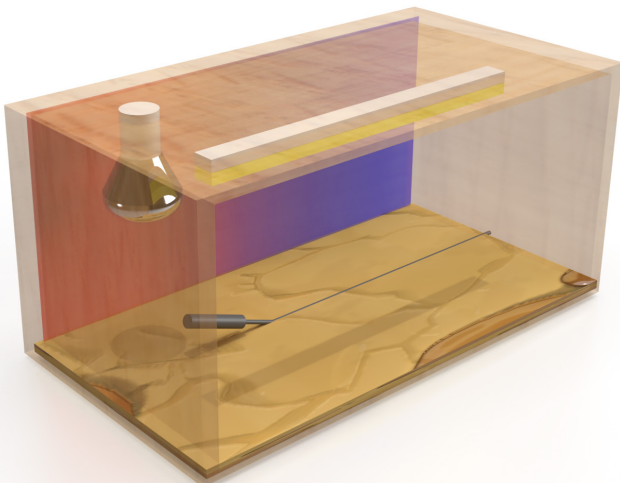
HabiStat Standard Vivarium 48x24x24" (HV4824)

EQUIPMENT NEEDED

- Housing: Vivarium
- Heating: Heat Bulb
- Thermostat: Dimming Thermostat (High Range)
- Lighting: UV Tube (Light Cycle: 12 hours of light)
- Substrate: HabiStat Coir, Arcadia EarthMix Arid, HabiStat Jungle Bio
- Water: HabiStat Sandstone Water Dish

ENVIRONMENT

Terrestrial Vivarium Setup



Enclosure Readings

Background Temp: 21°C - 25°C (70-77°F)

Hot Spot: 32°C - 35°C (90-95°F)

Night-Time Temp: 18°C - 25°C (65-77°F)

Heating

The HabiStat Bearded Dragon Accessory Kit (HSBDAK) provides all the light, heat, and safety elements for the enclosure in one handy kit.

The European Legless Lizard (*Pseudopus apodus*) is considered a diurnal reptile and requires a suitable light and heat gradient in the enclosure to simulate a complete 24-hour period.

Provide a warmer/hot area towards one end of the enclosure, using an overhead heat source to offer a heat gradient. Use an Arcadia Pro Ceramic Lamp Holder & Bracket (RADCHP) with the HabiStat Heat Bulb (HBB100) and the HabiStat Heater Guard (HHG24) protecting the bulb, all running in conjunction with a HabiStat Dimming Thermostat (HTDWHR).

Dimming Thermostats are designed to regulate temperatures using a thermostat probe (also known as a sensor). Correct placement of the probe is critical to avoid overheating and injury to the animal.

Check temperatures and humidity regularly using a reliable thermometer and hygrometer to ensure that there are no extreme fluctuations.

Lighting

Fit the Arcadia Pro T5 12% (RARTP39R) or alternatively the Arcadia LumenIZE Pro T5 12% (RARLZ39R) on the inside roof of the Vivarium. This will supply realistic UVB levels within the enclosure.

Ensure that it is fitted correctly and within the manufacturers recommend distances providing a UVI of 3-4.

DIET & WATER

Ensure a European Legless Lizard has a varied diet, with a mixture of insects.

Young/Juvenile - Several appropriately sized feeders 2 to 3 times per week such as:

- Crickets – 3rd
- Locust – Small Hopper
- Calci Worms

Adult – Several appropriately sized feeders per week such as:

- Crickets – Large
- Locust – 3rd Hopper
- Dubia Roaches – Medium

Always provide a source of fresh water. The HabiStat Sandstone Water Dish (HRSSCM) will provide a safe and sturdy option.

Substrates and Decoration

Personal choice will dictate how you decorate your enclosure, but we recommend the following as examples:

- HabiStat Coir (HSC10F), Arcadia EarthMix Arid (RAREA10), HabiStat Jungle Bio (HSJB10), with areas using HabiStat Sphagnum Moss (HSM1)
- HabiStat Cork Branch (HDB1), HabiStat Grapevine (HSGV) and HabiStat Cork Bark (HDCB5)
- Live or artificial plant decoration will provide darker areas for the European Legless Lizard to use as shelter

SUPPLEMENTATION

Following a supplementation regime that involves calcium and multivitamin powders such as HabiStat Pure Calcium (HMC40), HabiStat Reptavite (HMRV40), HabiStat Repton (HMR40) and Arcadia Earth Pro-A (RAREP100) will be beneficial to the health and wellbeing of the animal.

ADDITIONAL INFORMATION

- A deep substrate will allow the European Legless Lizard to dig and burrow naturally.

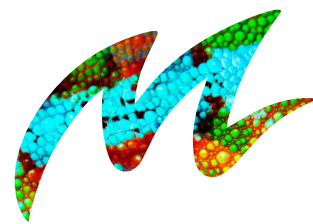
HEALTH & HYGIENE



We recommend the following cleaning routine to keep your European Legless Lizard healthy and happy:

	Water	Substrate	Enclosure
Daily	Change old water for fresh water	Spot clean	Check vents on enclosure are not blocked and allow air to pass through freely
Weekly	Disinfect water bowl or dish	Agitate substrate to prevent any bacterial build-up and remove any dirty bedding	Wipe down glass and walls with a reptile safe disinfectant
Monthly		Take out old substrate and replace with new substrate	Wipe down inside the enclosure and disinfect décor with a reptile safe disinfectant

Always wash your hands, surfaces and equipment with warm water and disinfectant immediately before and after handling or feeding your animal, their food, enclosure and any other equipment using HabiStat Anti-Bac Spray (HABS) for any surface, and HabiStat Hand Sanitiser (HABG) for hand hygiene.



Monkfield Nutrition Ltd
Arthur Rickwood Farm
Chatteris Road, Mepal, Ely, CB6 2AZ

MonkfieldReptile
Everything Reptile

monkfieldreptile.com
Telephone: 01223 208261



DATA MONITORING



Complete this Sheet at the same time every day e.g. 12pm

	Hotspot Temp 32°C-35°C (90°F-95°F)	Background Temp 21°C-25°C (70°F-77°F)	Humidity 40%-60%	UVI 3-4	Night Time Temp 18°C-24°C (70°F-77°F)	Feeding
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						