

# 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

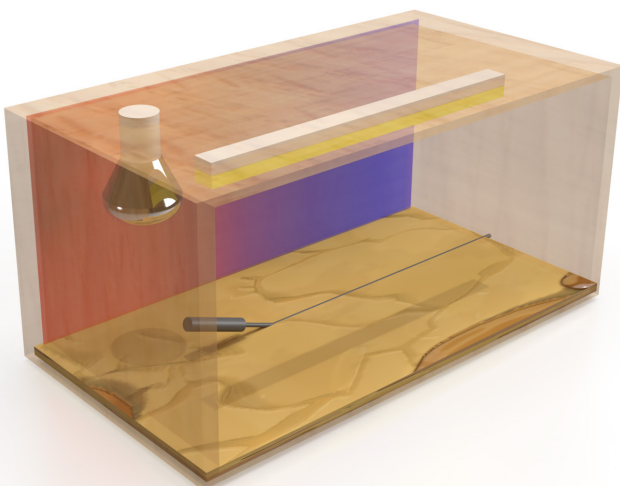
Individual - HabiStat Standard Vivarium  
48x24x24" (DVF3624)

## EQUIPMENT NEEDED

- Housing: Vivarium
- Heating: Heat Bulb
- 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



### 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.

### Heating a Vivarium

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 (HTDW).

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.

- 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)

## Lighting

Fit the Arcadia Pro T5 12% (RARTP39R) on the inside roof of the Vivarium with the Arcadia Lamp Guard Pro (RALGP2) protecting the T5. This will supply realistic UVB levels within the enclosure.

Ensure that it is fitted correctly and within the manufacturers recommend distances.

## 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

## DIET & WATER

Ensure the European Legless Lizard is offered a variety of insects.

Make sure to feed when they are most active, usually in the daytime.

Always provide a source of fresh water using the HabiStat Sandstone Water Dish (HRSSCL).

To maintain and regulate humidity within the enclosure, mist as required.

## SUPPLEMENTATION

European Legless Lizards need additional supplementation in the form of a calcium and multi-vitamin powder such as Arcadia Earth Pro-A (RAREP100) and Arcadia Earth Pro Calcium Mg (RAREPCM80). Follow the on-pack instructions.

## ADDITIONAL INFORMATION

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

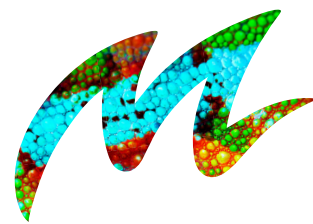
# HEALTH & HYGIENE



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 Honduran Milk Snake, their food, enclosure and any other equipment.



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