Bearded Dragon quick reference

Bearded dragon · Pogona vitticeps

Basking surface	Cool end	UV index at basking	Adult vivarium
40-42 °C	**24-27 °C**	**4-6**	**120×60×60 cm**

No strong UVB, no healthy dragon.

Warm-end air	**32-35 °C**	Cool-end air	**24-27 °C**
Night	**18-22 °C, lights off**	Humidity	**30-40 %**
UVB tube	**12 % T5, two-thirds length**	Photoperiod	**12-14 h summer, 10-12 h winter**
Substrate	**8-10 cm arid mix**	Adult diet	**80 % greens daily**
Adult insects	**2-3 × week**	Insect size	**gap between the eyes**
Calcium	**most feeds**	Bath	**weekly, 10 min**
Weigh	**monthly, recorded**		

Reviewed 16 September 2026. Not veterinary advice: if your animal shows signs of illness, it needs an exotics vet.

bask baskmarket.co.uk/care-guides/bearded-dragon