



Minerva Access is the Institutional Repository of The University of Melbourne

Author/s:

Huey, RB;Ma, L;Levy, O;Kearney, MR

Title:

Three questions about the eco-physiology of overwintering underground

Date:

2021-02-01

Citation:

Huey, R. B., Ma, L., Levy, O. & Kearney, M. R. (2021). Three questions about the eco-physiology of overwintering underground. *Ecology Letters*, 24 (2), pp.170-185. <https://doi.org/10.1111/ele.13636>.

Persistent Link:

<https://hdl.handle.net/11343/276692>

PROF. RAYMOND B. HUEY (Orcid ID : 0000-0002-4962-8670)

DR. OFIR LEVY (Orcid ID : 0000-0003-0920-1207)

DR. MICHAEL RAY KEARNEY (Orcid ID : 0000-0002-3349-8744)

Article type : Ideas and Perspectives

IDEAS AND PERSPECTIVES

Three questions about the eco-physiology of overwintering underground

Raymond B. Huey,^{1,5} Liang Ma,^{1,2} Ofir Levy³ and Michael R. Kearney⁴

¹ Department of Biology, University of Washington, Seattle, Washington 98195, USA
(hueyrb@uw.edu)

² Princeton School of Public and International Affairs, Princeton University, Princeton,
New Jersey 08544, USA (mayinsitan@gmail.com)

³ School of Zoology, Tel-Aviv University, Tel Aviv, 69978, Israel (levyofi@gmail.com)

⁴ School of BioSciences, The University of Melbourne, Melbourne, Victoria 3010,
Australia (m.kearney@unimelb.edu.au)

Short title Overwintering underground

Key words biophysics, cold tolerance, digestion, climate change, energy reserves,
dormancy, soil temperature, thermal ecology, winter biology.

Number of words: Abstract (200), main text (6752), boxes (607, 147)

Number of references: 121 **Number of figures/tables/boxes:** 7/1/2

Corresponding author: Raymond B. Huey⁵, Department of Biology, University of
Washington, Seattle, WA 98195 USA, hueyrb@uw.edu, phone (+1-206-409-9753)

Statement of authorship: RBH and MRK conceived the study, LM and OM added

This is the author manuscript accepted for publication and has undergone full peer review
but has not been through the copyediting, typesetting, pagination and proofreading process,
which may lead to differences between this version and the [Version of Record](#). Please cite
this article as [doi: 10.1111/ELE.13636](https://doi.org/10.1111/ELE.13636)

concepts, all authors performed analyses, RBH and MRK wrote the first draft of the manuscript. All authors contributed to the ideas and writing of the manuscript.

Data accessibility statement: All data are from publicly accessible sources.

Abstract

In cold environments ectotherms can be dormant underground for long periods. In 1941 Cowles proposed an ecological trade-off involving the depth at which ectotherms overwintered: on warm days, only shallow reptiles could detect warming soils and become active; but on cold days, they risked freezing. Cowles discovered that most reptiles at a desert site overwintered at shallow depths. To extend his study we compiled hourly soil temperatures (5 depths, 90 sites, continental USA) and physiological data, and simulated consequences of overwintering at fixed depths. In warm localities shallow ectotherms have lowest energy costs and largest reserves in spring, but in cold localities, they risk freezing. Ectotherms shifting hourly to the coldest depth potentially reduce energy expenses, but paradoxically sometimes have higher expenses than those at fixed depths. Biophysical simulations for a desert site predict that shallow ectotherms have increased opportunities for mid-winter activity but need to move deep to digest captured food. Our simulations generate testable predictions to eco-physiological questions but rely on physiological responses to acute cold rather than to natural cooling profiles. Furthermore, natural-history data to test most predictions do not exist. Thus, our simulation approach uncovers knowledge gaps and suggests research agendas for studying ectotherms overwintering underground.

INTRODUCTION

Ectotherms living in cold climates may be dormant underground or in other retreats for months. Some individuals may remain in retreats until they emerge in spring, and conditions in their retreats will affect risk of freezing or cold injury as well as energy reserves in spring (Fitzpatrick *et al.* 2020). Others emerge, bask, and move about on sufficiently sunny days; and their mid-winter activity may enable feeding or physiological adjustments (see below); but it may also expose them to predation from

61 endotherms. Despite a legacy of studies of the eco-physiology of cold tolerance and
62 dormancy (Gregory 1982; Storey 1990; Addo-Bediako *et al.* 2000; Costanzo *et al.* 2008;
63 Denlinger & Lee 2010; Zani *et al.* 2012; Williams *et al.* 2014; Sinclair 2015), an
64 understanding of the dynamics of overwinter physiology, behaviour, and ecology of
65 ectotherms has striking gaps. As we will argue, some gaps have lain dormant for decades
66 or have not previously been recognized.

67 ■ Almost eight decades ago, Raymond B. Cowles (1941) explored the overwinter
68 biology of squamate reptiles in a California desert. Cowles observed that some squamates
69 spent the entire winter underground but that some others emerge and are active on
70 suitably warm days. He knew that soil temperatures changed with depth and were both
71 coldest and warmest near the ground surface (Figs. S1, SI multimedia animation), and
72 that the diurnal heat pulse on sunny days penetrated slowly downward (Smith 1929).
73 Cowles proposed that overwintering depth induced a trade-off: only reptiles in shallow
74 retreats could become active on warm days in winter or spring because the diurnal heat
75 pulse descending into the soil would reach them during daylight hours and serve as a
76 reliable cue that surface temperatures were warm enough for activity. Nevertheless,
77 reptiles in shallow retreats risked freezing and predation by endotherms (see p. 129 in
78 Cowles 1941). Thus, Cowles (1941) is not only a pioneering example of overwinter
79 ecology, but also of “trade-off” and optimality thinking in ecology.

80 Testing such ideas involves determining where organisms are overwintering
81 underground. In 1941 that was – and still is – a logistical challenge (but see Mail 1930;
82 Kenagy & Smith 1971; van Gelder *et al.* 1986; Grenot & Heulin 1988; Harris *et al.* 2015;
83 Berman *et al.* 2016; DeNardo *et al.* 2018). Cowles was opportunistic: he followed a large
84 tractor and ‘scraper’ that was progressively scraping off the tops of hummock dunes, thus
85 converting native desert to farmland (“brushing”, photo in Fig. S2). Cowles caught any
86 reptiles in the “dirt spill,” took their body temperatures (T_b), and estimated their depths
87 from soil-temperature measurements (T_{soil}). His efforts were “exceedingly gratifying”:
88 after only “four and a half” days, he caught 96 individuals of 14 species and estimated
89 depth for 49. Most were shallow: 76% were between 2 and 30 cm deep (Fig. S3).

90 Cowles’s insights inspired us to ask three questions about the eco-physiological
91 consequences of overwintering underground at various depths.

- 92 (1) How deep must a reptile go to avoid dangerously or lethally cold
93 temperatures?
- 94 (2) Which depth best enables reptiles to detect thermal cues of sunny days in
95 winter, thus maximizing opportunities for above-ground activity?
- 96 (3) What depths minimize cumulative energetic expenses over the winter?
97 Cowles did not ask this last question, but low expenses may promote overwinter survival
98 and maximize energy reserves at spring emergence (Wilson & Cooke 2001; Zani 2008;
99 Williams *et al.* 2014).

100 Ideally, such questions should be answered with field data of known overwinter
101 depths, T_b , and physiological profiles, all from geographically diverse sites. However,
102 data for squamate reptiles are incomplete and scattered both geographically and
103 taxonomically (e.g., Ruby 1977; Congdon *et al.* 1979; Bauwens 1981; Grenot & Heulin
104 1988; Christian & Weavers 1994; Bishop & Echternacht 2004; Zani 2008; Zani *et al.*
105 2012; Harris *et al.* 2015; Berman *et al.* 2016; Cecchetto *et al.* 2019), except for the few
106 species overwintering communally in rocky dens at mid- to high-latitude (e.g., Gregory
107 1982; Gienger & Beck 2011; Nordberg & Cobb 2017). Geographic field surveys of
108 overwinter biology of squamates are rare (Sexton *et al.* 1992; Tsuji 1988; Christian &
109 Weavers 1996; Wilson & Cooke 2001). Moreover, physiological data are typically
110 acquired from acute-exposure assays, which may have limited relevance (Sinclair 2001a)
111 to ectotherms experiencing extremely slow rates of temperature change during dormancy
112 (Patterson & Davies 1984; Storey 2006; Huang & Tu 2008; Berman *et al.* 2016;
113 Nordberg & Cobb 2017).

114 Given limitations of empirical data, we used concepts in Cowles (1941) as a
115 narrative (Otto & Rosales 2020) to guide simulations that explore consequences of
116 overwintering at different depths (Fig. 1). We analysed hourly soil temperatures
117 (instrumental) for five depths from 90 sites for 2017-2018 (Fig. S4) in the continental
118 United States. Next, we incorporated physiological data (e.g., cold tolerance) and used
119 simulations to predict how overwintering depth affects risk of cold injury and energy
120 expenditure. Also, we used a biophysical model (Kearney & Porter 2017, 2019) to
121 simulate how retreat depths at one desert site affects opportunities for activity on warm
122 days.

While attempting to parameterize (e.g., lethal temperature) these simulations, we discovered that the required behavioural, ecological, and physiological data – as well as field data required to test their predictions – often do not exist or are of dubious relevance. These issues likely reflect the difficulty of determining depth, temporal T_b profiles, and behaviour of overwintering ectotherms (Sinclair 2001a), the logistical challenge of quantifying time series of physiological responses to chronic rather than acute temperature exposures (Sinclair *et al.* 2015; Huang & Tu 2008), and the incomplete information on cues (e.g., environmental, innate clocks) used for mid-winter emergence (Heath 1962; Bishop & Echternacht 2004; Lutterschmidt *et al.* 2006; Nordberg & Cobb 2016). Our simulations thus rely on unvalidated parameter values, but nonetheless provide “approximate answers” (Tukey 1962) to ecologically relevant questions. Perhaps most importantly, they help uncover what needs to be measured and thereby suggest an agenda for overwinter research.

The three questions we address are diverse (cold risk, activity opportunity, energy reserves). We summarize simulation procedures used to address these questions in Box 1 and provide details in Supplemental Information. Next, we address the predictions and implications for each question. We conclude with a synthesis and research agenda. Our focus is on squamate reptiles, but our conclusions are relevant to many ectotherms.

We made several global assumptions. We assumed that ectotherms are buried in soil or in burrows (thus not under rocks or in rock crevices, which have different thermal properties) and that T_b equals adjacent T_{soil} (Supplemental Information). We assumed that moisture (or ice), desiccation, or gas (oxygen, CO_2) tensions did not influence results (but see, Costanzo 1989; Burke *et al.* 2002; Berman *et al.* 2016; Rossi *et al.* 2020; Yagi *et al.* 2020). For most simulations we assumed that ectotherms did not change depths within a sample period (but see Macartney *et al.* 2011).

Patterns of soil temperatures

To provide background information on T_{soil} patterns, we begin by documenting empirical patterns of T_{soil} . We downloaded hourly T_{soil} at five depths (-5, -10, -20, -50, and -100 cm) from 660 sites from the continental USA from the Soil Climate Analysis Network (SCAN, <http://www.wcc.nrcs.usda.gov/scan/>) and from the NRCS National Water and

Climate Center (SNOTEL, <https://www.wcc.nrcs.usda.gov/snow/>) for 2017-18. After screening we accepted 90 sites that met quality-control criteria (Table S1, see Supplemental Information for procedures). Our T_{soil} sites are generally close to known locality records for squamates and thus relevant to squamates (<https://www.gbif.org>) (see legend Fig. S4), but some regions (e.g., southeast US) with high species density of squamates had few acceptable T_{soil} sites.

■ Monthly and hourly variation in T_{soil} at various depths is shown for a representative site (Ford Dry Lake, California, Fig. 2A,B). Seasonal and daily variation in T_{soil} is of course damped with depth, and the seasonal drop is slow and irregular (Fig. 2B).

Monthly variation in minimum and in maximum T_{soil} (September – April) versus depth are depicted for a random sample of 25 sites (Fig. 3A, B): each line connects minimum or maximum T_{soil} with depth for one site. In most months and sites, T_{soil} at shallow depths were both coldest and warmest. In mid-winter, gradients of minimum T_{soil} with depth were relatively steep; and warmest T_{soil} were deep.

Coldest T_{soil} were usually at -5 cm in all months (between 52.0 and 93.9% of sites), except June and July, when coldest T_{soil} were at -100 cm (Table S2A). Warmest T_{soil} were generally at -5 cm (between 49.1 and 90.9% of sites) except November-January, when warmest T_{soil} were -100 cm (Table S2B). Not surprisingly, T_{soil} was least variable (inter-quartile range, IQR) at -100 cm in all months (34.9 - 93.1% of sites, Table S2C); and T_{soil} was most variable at -5 cm in all months (59.8 - 93.9% of sites, Table S2D).

Temporal constancy of T_{soil} increased with depth. The average absolute difference in median T_{soil} (at each site, depth) for January 2017 versus January 2018 was inversely correlated with depth (-5 cm = 1.17°C, -10 cm = 1.21°C, -20 cm = 1.13 °C, -50 cm = 0.89 °C, -100 cm = 0.60 °C; $r = -0.993$, $P = 0.0007$, Pearson correlation, 2-tailed). Thus, between-year, within-year (Figs. 2, 3), and within-month (Table S2D) variation in T_{soil} was greatest at shallow depths.

In the spatial model, minimum T_{soil} declined with latitude and elevation, but increased with depth (Table S3). Several interactions were significant. The negative effect of latitude weakened with elevation, and the negative effect of elevation weakened

with depth, with significant and negative 3-way interaction between depth, latitude, and elevation. The implications of these patterns will be discussed in topic-specific sections (below).

Question 1. Which depth minimizes risk of cold injury or death?

Cowles (1941) noted that squamates overwintering at shallow depths risked death from cold. At many sites, T_{soil} just below the ground surface indeed dropped below the freezing point of reptiles in winter (Fig. 3A). However, predicting whether shallow squamates are at risk from cold requires knowing which T_b are damaging. Specifying such temperatures proved problematic because traditional assays are of questionable relevance to risk in winter (below).

Three methods have been used to measure squamate cold tolerance, but their relevant to overwinter survival is unclear. The most frequent method involves acclimating animals and then rapidly cooling them until they lose a righting response ('critical thermal minimum,' CT_{min}) (Cowles & Bogert 1944; Bennett *et al.* 2018). Such acute exposures to CT_{min} are non-lethal. Other assays measure survival duration after a sudden drop to a fixed T_b (e.g., Heatwole *et al.* 1969; Gregory 1982; Burke *et al.* 2002; Storey 2006; Olson *et al.* 2013; Rukke *et al.* 2016; but see Huang & Tu 2008; Berman *et al.* 2016), freezing temperature (Lowe *et al.* 1971), or super-cooling temperature (Lowe *et al.* 1971; Storey 2006). Exposure to freezing or supercooling temperatures for a few hours or day is typically lethal (Storey 2006; but see Costanzo *et al.* 1995; Berman *et al.* 2016), but whether prolonged exposure to cold but above-freezing temperatures is lethal is unclear.

The rapid cooling of the above assays is problematic. In nature, T_b of squamates underground drops slowly over months (Nordberg & Cobb 2017)(Figs. 1B, S6). Rapid assays are experimentally convenient but of uncertain relevance to overwinter cold tolerance (Sinclair 2001a; Sinclair *et al.* 2015).

Given these concerns, we explored patterns for three acute measures (see Box 1), hoping to bracket cold risk. CT_{min} can vary geographically, and so we used a median value as well as a value adjusted for elevation and latitude of each site (Supplemental Information). Freezing and supercooling temperatures do not vary geographically, and we

used single values for each (Supplemental Information).

We calculated the percentage of sites (by month, depth) where temperatures dropped below base or adjusted $CT_{\min}$, median freezing temperature (-0.63°C), or below supercooling temperature (-6.0°C). Also, because repeated cold exposures can be damaging (Sinclair & Chown 2005; Marshall & Sinclair 2012, 2018), we calculated the number of times (and duration of runs) when T_{soil} dropped below freezing.

Predictions and results

$CT_{\min}$ is the most commonly measured cold-tolerance index of reptiles (Cowles & Bogert 1944; Lutterschmidt & Hutchison 1997; Bennett *et al.* 2018), but T_{soil} in January actually dropped below the median $CT_{\min}$ for lizards (Box1) at least once at -5 , -20 , and even -30 cm at all sites and even at -50 and -100 cm at most sites (Table S4A). The pattern is similar though less extreme for $CT_{\min}$ adjusted for latitude and elevation (Table S4B). At -5 cm, 64.3% of sites experienced sub-freezing temperatures (Table S4C), and 17.4% experienced sub-supercooling temperatures (Table S4D). Thus, risk of cold injury or death appears geographically widespread for squamates in the USA.

Two-thirds of sites at -5 cm had sub-freezing runs (multi-hour) of T_{soil} at least once over winter (Table S5). The median and maximum number of cold runs occurred at -5 cm, but declined with depth, as did the median length of the longest freezing event (Table S5). The single longest sub-freezing run (-5 cm) was 131 days (Crow Creek, WY, 2539 m).

Geographic patterns in the proportion of hours with sub-freezing temperatures by depth in January (coldest month) are in Fig. 4. Many southern sites never experienced sub-freezing temperatures at any depth (red dots, Fig. 4). At northern and montane sites, freezing was common at shallow depths (blue dots). Freezing was uncommon at -50 cm, and did not occur at -100 cm.

Implications

Cowles (1941) predicted that reptiles overwintering at shallow depths potentially face cold injury or death. Not surprisingly, T_{soil} – especially at shallow depths – are often low (Figs. 2-4, Table S4), especially at high latitudes and elevations (Table S3). But are those

T_{soil} low enough to cause physiological stress or death?

Although CT_{min} is the most common cold-tolerance assay, T_{soil} at almost all sites and depths dropped below the median CT_{min} of lizards during winter (Table S4A), and most still did so even with site-adjusted CT_{min} (Table S4B). Because squamates live near most sites (Fig. S4), many probably experience and survive sub- CT_{min} temperatures in winter. Thus, CT_{min} is likely not a hard boundary for cold survival: its relevance to survival and geographic range limits must be indirect at best (Lowe *et al.* 1971; Huang & Tu 2008; Calosi *et al.* 2010; Andersen *et al.* 2015).

Freezing and supercooling temperatures are more likely hard boundaries for survival, as exposure to these temperatures for a few hours or days is likely lethal for most squamates (see Table 1 in Storey 2006). If squamates tolerate only above-freezing temperatures, they must overwinter at or below -20 cm at most sites (Fig. 3, Table S4C). If, however, they survive to near super-cooling temperatures (Tables S4C,D), they can survive at most sites – except perhaps at very shallow depths at the coldest sites (Tables S4D).

The question “how cold is too cold for reptiles?” cannot presently be answered, because traditional cold-tolerance assays are of uncertain relevance to overwinter survival. Traditional assays use rapid temperature drop for experimental convenience (Sinclair *et al.* 2015). For example, the median cooling rate for 51 CT_{min} studies with squamates is -1.0 °C/min (Bennett *et al.* 2018). However, that rate is roughly four orders of magnitude faster than natural cooling rates at depth (Fig. 2B, S6; see also Sinclair 2001b). At -50 cm at Ford Dry Lake (Fig. 2B), T_{soil} drops only about 11.8 °C from October through December. At -20 or -10 cm, T_{soil} also drops slowly but has large daily fluctuations (Fig. 2B). Thus, rapid and monotonic cooling protocols of CT_{min} assays are incongruent with natural cooling patterns (Sinclair 2001a) and thus yield point estimates of uncertain relevance to overwinter survival or cold injury in nature (but see Andersen *et al.* 2015).

Another protocol involves scoring survival (or length of survival) after sudden transfer to one or more low and fixed T_b (e.g., Storey 2006; Olson *et al.* 2013; but see Huang & Tu 2008). Such ‘drop and hold’ assays (‘response surfaces’) are experimentally tractable and are probably more relevant to natural cold tolerance than is CT_{min} .

(e.g., Olson *et al.* 2013; Huang & Tu 2008), but still do not approximate natural T_b profiles (Fig. 2B, S2 & S6, Sinclair 2001a; Marshall & Sinclair 2012, 2015; Nordberg & Cobb 2017). Do such temporal differences render traditional assays unreliable for predicting overwinter survival? That is unknown. ‘Drop-and-hold assays’ probably underestimate natural cold tolerance, as natural and slow cooling trajectories (Fig. 2B, Nordberg & Cobb 2016, 2017) offer considerable time for acclimatization (Kelly & Lee 1999) or potentially for injury, dehydration, or starvation. This issue may never be resolved for squamates, for which survival experiments raise ethical issues.

What new protocols might be suitable? We do not see a simple solution. A full factorial design that incorporates fluctuating and shifting temperatures (Fig. 2B, S5), varying exposure duration, and repeated cold-exposure bouts – and does so for multiple populations and species – is logistically daunting (Sinclair 2001a; Huang & Tu 2008; Nordberg & Cobb 2017; Marshall & Sinclair 2018) and potentially practical only with insects or micro-organisms. Moreover, any derived statistical model will not be predictive for other sites and depths. A more pragmatic approach would be to try to determine whether cold tolerance estimates from ‘drop-and-hold’ or even ‘slow-drop’ experiments (Huang & Tu 2008) are acceptably close to those derived from natural patterns of cooling thermal profiles (Figs. 2B & S5) (Marshall & Sinclair 2015, 2018) or from field experiments (below).

Perhaps asking what temperature is too cold is an ‘inappropriate question’ (*sensu* Hertz *et al.* 1993) because no single temperature likely exists. Lethal and damaging temperatures may shift over winter and depend on exposure duration as well as each individual’s retreat site (Bishop & Echternacht 2004; Hall & Warner 2017), age (Kingsolver *et al.* 2011), and physiological state. Individual (Dowd *et al.* 2015) and season variation (Layne *et al.* 1985; Hu & Appel 2004; Pingor *et al.* 2016) in cold tolerance is rarely assayed, even for a single species at a single site.

Rather than ask what temperature is too cold, one can turn the question around and ask what depths are damaging and do those depths vary geographically and interspecifically? Here two approaches seem feasible. First, subject organisms in the laboratory to empirical T_{soil} profiles measured over winter at different sites and depths (e.g., Fig. 2B, S5) and score survival at intervals through spring emergence.

Alternatively, bury organisms at various depths, monitor their thermal profiles, and score survival (Mail 1930; Tucker & Packard 1998; Kevin Roberts, personal communication); and then determine whether acute measurements of cold tolerance correctly predict overwinter survival. Either approach would illustrate how deep an organism needs to go to survive, but any conclusions would be descriptive and only locally applicable. Again, such survival experiments are feasible mainly with invertebrates or microorganisms.

■ It has been eight decades since Cowles asked how deep an ectotherm must overwinter to reduce the risk of cold injury or death. In our view, that question is still unanswered primarily because traditional cold-tolerance indices have yet to be evaluated against cold tolerance in nature. The need for developing ecologically relevant protocols has been recognized (Sinclair 2001a; Kelly & Lee 1999; Williams *et al.* 2014; Andersen *et al.* 2015; Marshall & Sinclair 2015), but deriving and implementing these protocols will be conceptually and logistically challenging.

Question II. What depth maximizes opportunities for activity on warm days in winter?

Cowles (1941) observed that some reptiles in California deserts were active on warm winter days. But how can buried reptiles detect whether a given day was warm enough for activity? Cowles suspected that the heat pulse moving slowly down into the soil on sunny days was a cue of warm conditions on the surface, but only for shallow reptiles. For those at depth, the signal would be muted and delayed (Campbell & Norman 1998). To explore Cowles's prediction, we used the microclimate model (Kearney & Porter 2017) and the steady state heat-budget model in NicheMapR (Kearney & Porter 2019) and predicted T_{soil} , activity times, and metabolic rates for lizards (20-g) using fixed-retreats at a California desert site (Ford Dry Lake, 33.7°N, -115.1°W). [R code is in Supplemental Information.]

Cowles (1941) did not address why some squamates emerge mid-winter. Activity might yield benefits such as energetic gains (feeding) or various physiological benefits, but activity will also induce risks (predation) and costs (increased energy expenditure). We address these issues below.

Predictions

Squamates overwintering at shallow depths at Ford Dry Lake are potentially active many more days in winter than are those at deep retreats (Fig. 5), as Cowles (1941) predicted. Predicted total activity time declines from 603-h at -2.5 cm to 9-h at -30 cm (November-March, Fig. 6A) (see Box 1). At -50 or -100 cm, activity ceases because warming signals (Box 1) do not penetrate that deep.

Cumulative energy cost at Ford Dry Lake is non-linearly related to depth and activity. Cost is high near the surface (-2.5 or -5 cm, probably reflecting high T_{soil} on warm days), declines at moderately shallow depths (-10 to -30 cm, Fig 6B), and then increases with depth. Squamates using depths shallower than about -30 cm can become active and have high T_b on suitable days (Fig. 5), but have higher energy costs than do inactive ectotherms using the same depths (Fig. 6B). For example, a squamate active on warm days but otherwise is at -10 cm expends 2.3X-fold more energy per winter than a squamate staying a -10 cm. Thus, surface-active squamates may need to feed in winter, or risk depleting energy stores (see below).

Ford Dry Lake is relatively warm, but squamates overwintering there at shallow depths still face cold risks. Squamates at -10 cm or shallower experience sub- CT_{min} temperatures (Fig. 6C), and those at -2.5 cm multiple sub-freezing events (Fig. 56D). At colder localities (Fig. 3, Tables S4, 5), such risks will of course be elevated. The trade-off Cowles (1941) proposed is supported: shallow retreats permit activity but increase risk of cold death (Fig. 6).

Implications

Which species are active in winter and where is largely unknown. In fact, Cowles (1941) is one of the few examples where activity of a community of squamate species is evaluated. Is mid-winter activity restricted to relatively cryophilic species in relatively warm areas? To our knowledge this question has not been asked.

Simulations of mid-winter activity require an environmental cue, a sensory capacity, and a behavioural model. All are essentially unknown for squamates. Field studies are needed to determine cues that appear to trigger activity (Bishop & Echternacht

2004; Nordberg & Cobb 2016). Neurophysiological studies can evaluate whether squamates use temperature-compensated clocks (Heath 1962) and whether they can detect and respond to temperature cues (Viitanen 1967) when dormant.

Cowles (1941) assumed that squamates would emerge if warming T_{soil} raised T_b above some threshold level. Our simulations used a similar approach (a threshold plus warming cue, Box 1). Other models are possible (Heath 1965). For example, emergence could be triggered by a temperature-compensated circadian clock (Heath 1962). Such a clock might be reliable in summer, but probably not in winter, when many days would be too cold for activity, at least at higher latitude and elevation sites. In any case, simulations can evaluate the reliability of likely thermal cues, either tested alone or in combination with a behavioural model (e.g., each day squamates move up to evaluate conditions before deciding to emerge).

Why some squamates even emerge mid-winter is essentially unknown. Some will feed (Congdon *et al.* 1979; Goldberg & Bursey 1990), but others are anorexic (Mayhew 1964). For those that feed, digestion (which requires warm temperatures) becomes a challenge (Question 3, below). For those that are active but anorexic, their energetic expenses are increased (Fig. 6B) (Congdon *et al.* 1979; Christian & Weavers 1994; but see Nordberg & Cobb 2016). Presumably some physiological benefits override energetic costs, perhaps by facilitating growth, repair, immune function, or future reproduction – if reserves are sufficient. In insects, brief warming re-establishes ion gradients, foraging, restores metabolic homeostasis, and removes metabolic toxins (reviewed in Lee 2010).

Thus, the ‘who, why, when, and how’ of winter activity are open areas for research. Field observations can explore variation in winter activity and feeding, as well as predation risks while active (Wilson & Cooke 2001). Physiological studies can determine whether feeding is necessary in some regions as well as identify physiological benefits and costs associated with emergence (Stieler *et al.* 2006; Lee 2010; Zani *et al.* 2012).

We have focused on winter retreats, but risk of overheating will be an issue in shoulder and summer months. Are optimal depths different in summer than winter? At Ford Dry Lake, a 20-cm depth seems suitable for both summer (not too hot) and winter (not too cold). However, some reptiles shift macro-habitats between summer and winter

(Christian *et al.* 1983; Kearney 2002), and high-latitude ones often migrate to hibernacula (Parker & Brown 1974; Gregory 1982; Nordberg & Cobb 2017). *Uta stansburiana* (Baird & Girard, 1852) in central California use the same retreat sites in summer and winter (B. Sinervo, personal communication); but those in central Oregon may seasonally migrate between desert scrub habitat and south-facing rocky outcrops (P. Zani, personal communication).

Question III. What depth minimizes energy expenses or maximizes digestion?

Cowles (1941) did not discuss energetics. However, we consider how cumulative (maintenance) energy expenses relate to depth (see Box 1). Also, for ectotherms that feed mid-winter, we estimate depths that maximize digestion rate. Finally, we evaluate whether being able to shift depths conserves energy relative to staying at one depth.

For these analyses we assumed that $M \times T$ relationships are geographically and temporally stable (Box 1). For insects, interspecific $M \times T$ relationships steepen with latitude (Irlich *et al.* 2009), but mainly at latitudes above the continental USA (M. E. Dillon, personal communication). $M \times T$ of reptiles can shift (positively, negatively, or not) from active to dormant periods (Halpern & Lowe 1968; Patterson & Davies 1984; Tsuji 1988; Christian *et al.* 1999; Angilletta 2001b; de Souza *et al.* 2004), but we assumed they were static within dormancy. Geographic and temporal variation could be incorporated in simulations – where known.

Predictions

Cumulative energy costs at fixed depths.— During cool months (specifically, October through February), cumulative energy costs (by month) were generally lowest at -5 cm at many sites ($\geq 39.3\%$ of sites, Table S7A); but during warm months (March - September), when near-surface temperatures are warm, cumulative costs were generally lowest at -50 or -100 cm (Table S7A). In contrast, cumulative costs were generally highest at -100 cm in cool months (October – March), but highest at -5 cm in warm months (April - September)(Table S7B).

When cumulative energy costs were calculated over one or several months, they

were still lowest at -5 or -10 cm at most sites (Table 1). At many cold sites, however, cumulative rates were lowest deeper in the soil (Table S7), because 5 or 10 cm depths would likely be lethal and thus excluded (Table S4C).

Cumulative metabolism of a “Panglossy” ectotherm.—Ectotherms that can change depth every hour [always moving to the coldest (above- CT_{min}) depth, see Box 1] generally had lower costs than those at fixed depths (Table S8, Fig. S6A). The percentage saving was very small [median saving 1.9% ($Q_{10} = 2.0$) to 3.4% ($Q_{10} = 3.0$)]. Panglossy saving was small because winter energetic costs were generally lowest at shallow depths (see Table S7), and costs of a fixed-shallow-depth strategy are low. Moreover, Panglossy ectotherms would have to make many moves totalling long distances over winter (Fig. S6B, C). For our sites, the median number of depth changes was 187 (range 0 to 717). The median and maximum cumulative (vertical) distances moved were 30.8 m and 149 m respectively. Were the energetic costs of movement included, a Panglossy strategy is unlikely to be as energetically advantageous as a fixed-depth one.

Single-site analysis. —Here we contrast patterns a Panglossy vs. fixed-depth strategy at Ford Dry Lake, California. We used NicheMapR (Kearney & Porter 2017) to simulate hourly T_{soil} at eight depths (-2.5 to -100 cm) for two habitats (30% or 60% shade) (15 October 2013 – 15 March 2014). Estimated T_{soil} profiles (Fig. 7A,F) are coded red for T_{soil} warmer than CT_{min} (assumed 9.3°C for this analysis), and blue for T_{soil} colder than CT_{min} . We also estimated the depth with the lowest energy costs each hour (Fig. 7B,D) and the cumulative energy costs (Fig. 7C,E). [Details are in Box 1 and Supporting Information.]

Daily and seasonal variation in T_{soil} at fixed depths is shown in Fig. 7A and F. Mid-winter temperatures are much colder in 60% shade (than in 30% shade) and frequently drop below 9.3 °C (CT_{min}). In 30% shade in mid-winter, Panglossy squamates would achieve lowest T_b and thus minimize daily costs by shuttling between shallow depths (night) and to -30 cm (day) (Fig. 7B), thus avoiding warm near-surface T_{soil} during the day (Fig. 7A). In 60% shade, however, Panglossy squamates would often need to go deep to find temperatures warmer than CT_{min} (Fig. 7D).

In 30% shade, a Panglossy strategy conserved considerable energy relative to that of overwintering at fixed depths (Fig. 7C). [As above, we ignore costs of movement.] In

60% shade, however, a Panglossy strategy was paradoxically more expensive than fixed-depth strategies. To be able to continue to move, a Panglossy ectotherm had to select T_{soil} always warmer than CT_{min} (9.3 °C), thus raising its metabolic rate. In contrast, the only constraint on fixed-depth ectotherms was that T_{soil} never dropped below freezing, which it never did in 30% shade and did only for two hours at 60% shade.

Digestion.-- Some squamates that are active on warm winter days may capture food (Mayhew 1964; Congdon *et al.* 1979; Goldberg & Bursey 1990) and will need high T_b for digestion (Angilletta *et al.* 2002): this will require either basking (Regal 1966; Nordberg & Cobb 2016) or access to a warm retreat. Consequently, we calculated the depths at which digestive rates (see above) were highest (Table S9) by site and by month, excluding depths where T_{soil} dropped below freezing (above). We assumed a squamate with food would move to (then stay at) a depth until digestion was complete. [Note: a spectral analysis of surface T_e would indicate whether basking on the surface would likely be possible on subsequent days.]

In cold months (October-February), digestion rates were maximal at -100 cm at almost all sites (Table S9), reflecting relatively warm T_{soil} at depth. In warmer months (April - September), however, digestion rates were instead maximal at -5 cm (Table S9), except at hot sites, where T_{soil} at -5 cm would too hot (above CT_{max}), forcing lizards to have deeper retreats).

Implications

For individuals that do not feed in winter, a depth with low (but not lethally low) temperatures minimizes cumulative energy costs and thus reduces starvation risk and maximizes energy reserves on emergence in spring. Predicting optimal depth is challenging because $M \times T$ relationships may shift seasonally, are non-linear (see fig. 1 in Williams *et al.* 2012), and because near-surface depths have both the lowest and highest temperatures (Fig. 3). Here we used a $M \times T$ relationships tuned for reptiles (Andrews & Pough 1985), and assumed that $M \times T$ relationships were fixed and thus independent of latitude, elevation, and time during winter. However, $M \times T$ curves can shift geographically (Irllich *et al.* 2009) and seasonally (Christian *et al.* 1999; Guppy &

Withers 1999). For example, $M \times T$ curves of winter-active populations may be elevated (“compensation,” see Tsuji 1988), those of winter-inactive ones may be lowered (“reverse acclimation” or “metabolic depression,” Patterson & Davies 1978; Tsuji 1988; Guppy & Withers 1999), but those in tropical areas may not shift (Tsuji 1988). Incorporating these and other sources of variation (seasonal, ontogeny, local adaptation, drift) in simulations is feasible, but only if actual patterns are known for diverse taxa and regions. Currently they are not.

Our simulations suggest that cumulative energy costs (October- February) were generally lowest at shallow depths (Table 1), though not at every site (Fig. 6). Shallow depths can be warm during the day, which will elevate metabolism, but winter days are short and often inclement. Nevertheless, ectotherms at relatively cold sites will need to move deep to avoid cold injury or death (Fig. 4, Table S4) (Tucker & Packard 1998).

For Panglossy ectotherms at Ford Dry Lake (Fig. 7), the depth that minimizes cumulative metabolic costs changes seasonally and even within a 24-h day (Fig. 7B,D). Moreover, Panglossy ectotherms that use retreats with different shading will use very different depths (Fig. 7B,D). Over the entire winter, Panglossy ectotherms can generally save energy by moving to the coolest (but $> CT_{min}$) depth, but the magnitude is surprisingly small (median saving = 1.9% to 3.4%, see Supplementary Table S8), and this small benefit would likely be swamped if the cost of movement were deducted (Wu *et al.* 2015b). Paradoxically, a fixed-depth strategy sometimes results in lower energy costs over winter than does a Panglossy strategy, primarily because Panglossy ectotherms must restrict themselves to depths warm enough to permit movement (Fig. 7E), whereas fixed-depth ectotherms can benefit energetically if T_{soil} stays above the freezing point.

For winter-active ectotherms that feed, digestion will require warm temperatures. Depths that enhance digestion in winter are typically deep (Table S9), simply because that is where temperatures are warmest (Fig. 2, Table S2B). If below-ground T_{soil} are insufficient for digestion, fed ectotherms will need to bask when feasible or perhaps regurgitate when not (Regal 1966; Nordberg & Cobb 2016). We will return to digestion in the SYNTHESIS AND RESEARCH AGENDA section.

What is an ecologically realistic protocol in the laboratory for estimating cumulative energetic expenses during winter? To our knowledge, a model does not exist.

Available $M \times T$ data are usually based acute temperature shifts, but an ecologically realistic one should mimic specific conditions dormant ectotherms experience underground throughout dormancy (Nordberg & Cobb 2017). Therefore, temperature profiles should drop very slowly and incorporate fluctuations (Figs. 3, S5) and not follow traditional “drop-and-hold” exposures. Also shifting photoperiods would seem appropriate (Tsuji 1988), but ectotherms buried underground will be in full darkness (unless they emerge during the day), as light rarely penetrates even 5 mm into the soil (Tester & Morris 2006). Housing conditions should allow ectotherms to bury themselves in the soil (or use burrows), and $M \times T$ relationships should be measured multiple times over winter. Thus, traditional laboratory protocols, which are usually designed to partition thermodynamic from acclimation effects (Havird *et al.* 2020), do not match natural environmental exposures and are thus have questionable for estimates of overwinter expenses.

For a field approach, one could release animals into field enclosures in the autumn, allow the them to bury themselves or manually bury them at fixed depths (Tucker & Packard 1998), if one were interested in depth effects. One could dig them up at intervals and acutely measure their $M \times T$ patterns (Bartlett 1976, Kevin Roberts, personal communication).

A very different approach would be to simulate whether known variation in $M \times T$ is large enough to alter designation of optimal depths or even to simulate how large $M \times T$ shifts (e.g., depression, compensation) would have to be to alter conclusions about optimal depths (thus a sensitivity analysis). Ideally such calculations should be made in context of the complete energy budget across the whole life-cycle and its consequences for time to maturity and reproduction (Kearney 2012; Levy *et al.* 2016; Schwarzkopf *et al.* 2016).

The extent of winter activity and winter feeding is understudied, as geographic patterns are known only for few species. *Sceloporus occidentalis* (Baird & Girard, 1852) are winter active in southern California but not in Washington (Tsuji 1988). Low-latitude populations of *Uta stansburiana* can be active in winter (Wilson & Cooke 2001) and will feed (B. Sinervo, personal communication), whereas higher-latitude ones can also be active (Wilson & Cooke 2001) but do not feed (P. Zani, personal communication).

Winter feeding can be assayed by field observations or retrospectively by examining gut contents of winter-captured individuals (e.g., in museum collections). Alternatively, one could test whether individuals observed active in nature accept food when offered.

Reptiles that are active and bask in winter – but not feed – will of course deplete metabolic reserves (Case 1976; but see Nordberg & Cobb 2016). Presumably basking brings compensatory benefits (Tinkle & Hadley 1973; Stielor *et al.* 2006; Lee 2010; Zani *et al.* 2012) or reduces risk of freezing from ice-nucleating agents in guts (Bale 2002). Little is known about such benefits for squamates and whether those benefits vary ontogenetically, geographically, and interspecifically. In any case, if non-feeding emergence and basking is beneficial to some species and populations, why is it not beneficial to all? The occurrence and physiological consequences of activity versus inactivity and feeding versus anorexia in winter are essentially unexplored in squamates and thus offer diverse opportunities for field and laboratory research.

Synthesis and Research Agenda

Winter dormancy presents ecological and physiological challenges. Our project was inspired by Cowles's (1941) insights on the winter biology of squamates. We explored three questions involving how overwinter depth affects risk of cold death, metabolic expenses, and opportunities for activity. Because empirical field data don't exist, we used simulations to address these questions. In every case, however, we discovered that the field and laboratory data necessary to 'map' T_{soil} onto physiological and ecological consequences – and to test predictions – are either non-existent or of uncertain relevance. In winter biology, there are both previously unrecognized gaps as well as gaps that are recognized but that have lain dormant for decades. Accordingly, we outline a research agenda for the winter biology of ectotherms (Box 2). This agenda is neither exhaustive nor always original (Williams *et al.* 2014), but focuses on issues germane to themes discussed herein. In all cases we encourage studies that incorporate seasonal, ontogenetic, geographic, interspecific, and individual variation.

Implementing this agenda will be challenging. But some solutions are evident. The technique that Cowles (1941; Fig. S2) used to find reptiles in winter was opportunistic (see also Broadley 1972; DeNardo *et al.* 2018). However, body temperature

585 and depth data can be estimated with temperature-sensitive loggers (Davis *et al.* 2008;
586 Bernstein & Black 2009; Nordberg & Cobb 2017). If temperature recorders are also
587 placed at likely retreat positions and depths, overwinter positions and movements can be
588 inferred (Macartney *et al.* 1989; Moore *et al.* 2018). Above-ground activity can be
589 indicated by rapid T_b shifts (Harris *et al.* 2015; Nordberg & Cobb 2016) or from
590 dataloggers that record light level (Davis *et al.* 2008). Mesocosm experiments are feasible
591 (Elfström & Zucker 1999; Gao *et al.* 2015). These are indirect methods, and they should
592 be accompanied by direct natural-history observations where feasible.

593 As regards physiological studies of metabolism and of cold tolerance, we have
594 argued (above) that acclimation regimes and conditions should approximate natural ones;
595 traditional rapid cooling or ‘drop and hold’ protocols do not match natural thermal
596 profiles (Fig. 2, S6, Sinclair 2001b; Nordberg & Cobb 2016). Ecologically relevant
597 designs – especially cold tolerance assays – are most feasible with invertebrates.

598 A major puzzle involves animals that are active on warm days but do not feed
599 (see above). Does activity (and elevated T_b) enable active ectotherms to clear
600 accumulated and toxic by-products (Stieler *et al.* 2006; Lee 2010), recover from
601 infections (Harris *et al.* 2015), prime reproductive capacity (Tinkle & Hadley 1973),
602 readjust metabolic stores (Zani *et al.* 2012), or synthesize vitamin D (Ferguson *et al.*
603 2003)?

604 Similarly, experiments are needed to evaluate what cues prompt mid-winter
605 activity. Are animals using a temperature-compensated clock (Heath 1962), or a
606 threshold temperature (above), a change in the sign of the derivative of T_b versus time
607 (Viitanen 1967; Heath 1965), or some combination thereof? Do cues vary geographically
608 and phylogenetically? Experiments are needed, and simulations can guide designs for
609 strong-inference experiments.

610 On a personal level, we concede that we have largely focused our own field
611 studies on the thermal biology of ectotherms in warm seasons. But despite our personal
612 ‘dormancy’ from the field in winter, ectotherms in nature experience winter – sometimes
613 long winters. We join others in arguing that the overwinter ecology of ectotherms offers
614 rich opportunities for exploration, including impacts of climate change and of

evolutionary shifts (Bradshaw & Holzapfel 2006; Zani 2008; Bradshaw & Holzapfel 2009; Williams *et al.* 2014). Simulations studies will be useful here.

In concluding, we return to Cowles (1941). Almost eight decades after its publication, this paper is remarkably contemporary. To us, it is an early classic in behavioural and physiological ecology and an early example of trade-off thinking in ecology. However, only 56 papers have cited Cowles (1941) (Web of Science, accessed 2020-09-11), and none mentions Cowles's recognition of trade-offs involving overwintering depth. This oversight needs to be corrected.

Acknowledgements

We dedicate this paper to the memory of Raymond B. Cowles, a pioneer in thermal biology (Turner 1984). We thank K. Bocinsky and K. Healy for help with the relief map (Supplement). We thank D. Miles, E. Pianka, K. Roberts, B. Sinervo, B. Sinclair, C. Williams, and P. Zani for sharing their insights into winter biology. Three anonymous referees, C. Williams, and P. Zani made exceptionally constructive suggestions on the manuscript.

Literature Cited

- Addo-Bediako, A., Chown, S.L. & Gaston, K.J. (2000). Thermal tolerance, climatic variability and latitude. *Proc. R. Soc. Lond. B*, 267, 739-745.
- Andersen, J.L., Manenti, T., Sørensen, J.G., Macmillan, H.A., Loeschcke, V. & Overgaard, J. (2015). How to assess *Drosophila* cold tolerance: Chill coma temperature and lower lethal temperature are the best predictors of cold distribution limits. *Funct. Ecol.*, 29, 55-65.
- Andrews, R.M. & Pough, F.H. (1985). Metabolism of squamate reptiles: allometric and ecological relationships. *Physiol. Zool.*, 58, 214-231.
- Angilletta, M.J., Jr. (2001a). Thermal and physiological constraints on energy assimilation in a widespread lizard (*Sceloporus undulatus*). *Ecology*, 82, 3044-3056.
- Angilletta, M.J., Jr. (2001b). Variation in metabolic rate between populations of a geographically widespread lizard. *Physiol. Biochem. Zool.*, 74, 11-21.

- Angilletta, M.J., Jr., Hill, T. & Robson, M.A. (2002). Is physiological performance optimized by thermoregulatory behavior?: a case study of the eastern fence lizard, *Sceloporus undulatus*. *J. Therm. Biol.*, 27, 199-204.
- Bale, J.S. (2002). Insects and low temperatures: from molecular biology to distributions and abundance. *Philos. Trans. R. Soc. Lond. B Biol. Sci.*, 357, 849-862.
- Bartlett, P. (1976). Winter energy requirements of *Sceloporus occidentalis* in the Mojave Desert. *Comp. Biochem. Physiol.*, 55A, 179-181.
- Bauwens, D. (1981). Survivorship during hibernation in the European common lizard, *Lacerta vivipara*. *Copeia*, 1981, 741-744.
- Bennett, J.M., Calosi, P., Clusella-Trullas, S., Martínez, B., Sunday, J., Algar, A.C. *et al.* (2018). GlobTherm, a global database on thermal tolerances for aquatic and terrestrial organisms. *Scientific Data*, 5, 180022.
- Berman, D.I., Bulakhova, N.A., Alfimov, A.V. & Meshcheryakova, E.N. (2016). How the most northern lizard, *Zootoca vivipara*, overwinters in Siberia. *Polar Biol.*, 39, 2411–2425.
- Bernstein, N.P. & Black, R.W. (2009). Thermal environment of overwintering ornate box turtles, *Terrapene ornata ornata*, in Iowa. *Am. Midl. Nat.*, 153, 370-377.
- Bishop, D.C. & Echternacht, A.C. (2004). Emergence behavior and movements of winter-aggregated green anoles (*Anolis carolinensis*) and the thermal characteristics of their crevices in Tennessee. *Herpetologica*, 60, 168-177.
- Bradshaw, W.E. & Holzapfel, C.M. (2006). Evolutionary response to rapid climate change. *Science*, 312, 1477-1478.
- Bradshaw, W.E. & Holzapfel, C.M. (2009). Insects at not so low temperature: climate change in the temperate zone and its biotic consequences. In: *Low temperature biology of insects* (eds. Denlinger, DL & Lee, RE, Jr.). Cambridge University Press Cambridge, U.K., pp. 242-275.
- Broadley, D.G. (1972). The horned viper *Bitis caudalis* (A. Smith) in the central Kalahari. *Botsw. Notes Rec.*, 4, 263-264.
- Burke, R.L., Hussain, A.A., Storey, J.M. & Storey, K.B. (2002). Freeze tolerance and supercooling ability in the Italian Wall Lizard, *Podarcis sicula*, introduced to Long Island, New York. *Copeia*, 2002, 836-284.

- Calosi, P., Bilton, D.T., Spicer, J.I., Votier, S.C. & Atfield, A. (2010). What determines a species' geographical range? Thermal biology and latitudinal range size relationships in European diving beetles (Coleoptera: Dytiscidae). *J Anim Ecol*, 79, 194-204.
- Campbell, G.S. & Norman, J.M. (1998). *An introduction to environmental biophysics*. 2nd edn. Springer-Verlag, New York.
- Case, T.J. (1976). Seasonal aspects of thermoregulatory behavior in the chuckawalla, *Sauromalus obesus* (Reptilia, Lacertilia, Iguanidae). *J. Herpetol.*, 10, 85-96.
- Cecchetto, N.R., Medina, S.M., Taussig, S. & Ibargüengoytía, N. (2019). The lizard abides: cold hardiness and winter refuges of *Liolaemus pictus argentinus* in Patagonia, Argentina. *Can. J. Zool.*, 97, 773–782.
- Christian, K.A., Bedford, G.S. & Schultz, T.J. (1999). Energetic consequences of metabolic depression in tropical and temperate-zone lizards. *Aust. J. Zool.*, 47, 133-141.
- Christian, K.A., Tracy, C.R. & Porter, W.P. (1983). Seasonal shifts in body temperature and use of microhabitats by Galapagos land iguanas (*Conolophus pallidus*). *Ecology*, 64, 463-468.
- Christian, K.A. & Weavers, B. (1994). Analysis of the activity and energetics of the lizard *Varanus rosebergi*. *Copeia*, 1994, 289-295.
- Christian, K.A. & Weavers, B.W. (1996). Thermoregulation of monitor lizards in Australia: an evaluation of methods in thermal biology. *Ecol. Monogr.*, 66, 139-157.
- Congdon, J.D., Ballinger, R.E. & Nagy, K.A. (1979). Energetics, temperature and water relations in winter aggregated *Sceloporus jarrovi* (Sauria: Iguanidae). *Ecology*, 60, 30-35.
- Costanzo, J.P. (1989). Effects of humidity, temperature, and submergence behavior on survivorship and energy use in hibernating garter snakes, *Thamnophis sirtalis*. *Can. J. Zool.*, 67, 2486-2492.
- Costanzo, J.P., Grenot, C. & Lee, R.E., Jr. (1995). Supercooling, ice inoculation and freeze tolerance in the European common lizard, *Lacerta vivipara*. *J. Comp. Physiol. B*, 165, 238-244.
- Costanzo, J.P., Lee, R.E., Jr. & Ultsch, G.R. (2008). Physiological ecology of overwintering in hatchling turtles. *J. Exp. Zool.*, 309A, 297-379.

- Cowles, R.B. (1941). Observations on the winter activities of desert reptiles. *Ecology*, 22, 125-140.
- Cowles, R.B. & Bogert, C.M. (1944). A preliminary study of the thermal requirements of desert reptiles. *Bull. Am. Mus. Nat. Hist.*, 83, 261-296.
- Davis, J.R., Taylor, E.N. & DeNardo, D.F. (2008). An automated temperature-based option for estimating surface activity and refuge use patterns in free-ranging animals. *J. Arid Environ.*, 72, 1414-1422.
- de Souza, S.C.R., de Carvalho, J.E., Abe, A.S., Bicudo, J.E.P.W. & Bianconcini, M.S.C. (2004). Seasonal metabolic depression, substrate utilisation and changes in scaling patterns during the first year cycle of tegu lizards (*Tupinambis merianae*). *J. Exp. Biol.*, 207, 307-318.
- DeNardo, D.F., Moeller, K.T., Seward, M. & Repp, R. (2018). Evidence for atypical nest overwintering by hatchling lizards, *Heloderma suspectum*. *Proc Roy Soc B*, 285, 20180632.
- Denlinger, D.L. & Lee, R.E., Jr. (2010). *Low temperature biology of insects*. Cambridge University Press, Cambridge.
- Dowd, W.W., King, F.A. & Denny, M.W. (2015). Thermal variation, thermal extremes, and the physiological performance of individuals. *J. Exp. Biol.*, 218, 1956-1967.
- Elfström, B.E.O. & Zucker, N. (1999). Winter aggregation and its relationship to social status in the tree lizard, *Urosaurus ornatus*. *J. Herpetol.*, 33, 240-248.
- Ferguson, G.W., Gehrmann, W.H., Karsten, K.B., Hammack, S.H., McRae, M., Chen, T.C. *et al.* (2003). Do panther chameleons bask to regulate endogenous vitamin D3 production? *Physiol. Biochem. Zool.*, 76, 52-59.
- Fitzpatrick, M.J., Porter, W.P., Pauli, J.N., Kearney, M.R., Notaro, M. & Zuckerberg, B. (2020). Future winters present a complex energetic landscape of decreased costs and reduced risk for a freeze-tolerant amphibian, the Wood Frog (*Lithobates sylvaticus*). *Global Change Biol.*, DOI: 10.1111/gcb.15321.
- Gao, X., Jin, C., Lluisa, D. & Li, Y. (2015). Temperature-induced shifts in hibernation behavior in experimental amphibian populations. *Scientific Reports*, 5, 11580.

- Gienger, C.M. & Beck, D.B. (2011). Northern Pacific Rattlesnakes (*Crotalus oreganus*) use thermal and structural cues to choose overwintering hibernacula. *Canadian Journal of Zoology*, 89, 1084-1090.
- Goldberg, S.R. & Bursey, C.R. (1990). Winter feeding in the mountain spiny lizard, *Sceloporus jarrovi* (Iguanidae). *J. Herpetol.*, 24, 446-448.
- Gregory, P.T. (1982). Reptilian hibernation. In: *Biology of the Reptilia* (eds. Gans, C & Pough, FH). Academic Press London, pp. 55-154.
- Grenot, C. & Heulin, B. (1988). Emploi de radioisotopes pour la localisation de *Lacerta vivipara* et l'étude de son métabolisme au cours de l'hivernage. *C. R. Acad. Sci., Ser. III. Sci. Vie/Life Sci.*, 307, 305-310.
- Grigg, J.W. & Buckley, L.B. (2013). Conservatism of lizard thermal tolerances and body temperatures across evolutionary history and geography. *Biol. Lett.*, 9, 20121056.
- Guppy, M. & Withers, P. (1999). Metabolic depression in animals : Physiological perspectives and biochemical generalisations. *Biological Reviews*, 74, 1-40.
- Hall, J.M. & Warner, D.A. (2017). Winter microhabitat selection and growth of Jacky Dragons (*Amphibolurus muricatus*). *Copeia*, 105, 618-625.
- Halpern, E.A. & Lowe, C.H. (1968). Metabolism of the iguanid lizard *Uta stansburiana* in the supercooled state. *Physiol. Zool.*, 41, 113-124.
- Harris, B.B., Norton, T.M., Nibbelink, N.P. & Tuberville, T.D. (2015). Overwintering ecology of juvenile gopher tortoises (*Gopherus polyphemus*). *Herpetol. Conserv. Bio.*, 10, 645-653.
- Havird, J.C., Neuwald, J.L., Shah, A.A., Mauro, A., Marshall, C.A. & Ghalambor, C.K. (2020). Distinguishing between active plasticity due to thermal acclimation and passive plasticity due to Q₁₀ effects: Why methodology matters. *Funct. Ecol.*, 34, 1015-1028.
- Heath, J.E. (1962). Temperature-independent morning emergence in lizards of the genus *Phrynosoma*. *Science*, 138, 891-892.
- Heath, J.E. (1965). Temperature regulation and diurnal activity in horned lizards. *Univ. Calif. Publ. Zool.*, 64, 97-136.
- Heatwole, H., Lin, T.-H., Villalón, E., Muñoz, A. & Matta, A. (1969). Some aspects of the thermal ecology of Puerto Rican anoline lizards. *J. Herpetol.*, 3, 65-77.

- Hertz, P.E., Huey, R.B. & Stevenson, R.D. (1993). Evaluating temperature regulation by field-active ectotherms: the fallacy of the inappropriate question. *Am. Nat.*, 142, 796-818.
- Hu, X.P. & Appel, A.G. (2004). Seasonal variation of critical thermal limits and temperature tolerance in Formosan and eastern subterranean termites (Isoptera: Rhinotermitidae). *Environ. Entomol.*, 33, 197-205.
- Huang, S.-P. & Tu, M.-C. (2008). Cold tolerance and altitudinal distribution of *Tachydromus* lizards in Taiwan. *Zool. Stud.*, 47, 4388-4444.
- Huey, R.B., Peterson, C.R., Arnold, S.J. & Porter, W.P. (1989). Hot rocks and not-so-hot rocks: retreat-site selection by garter snakes and its thermal consequences. *Ecology*, 70, 931-944.
- Irlich, U.M., Terblanche, J.S., Blackburn, T.M. & Chown, S.L. (2009). Insect rate-temperature relationships: environmental variation and the metabolic theory of ecology. *Am. Nat.*, 174, 819-835.
- Kearney, M. (2002). Hot rocks and much-too-hot rocks: seasonal patterns of retreat-site selection by a nocturnal ectotherm. *J. Therm. Biol.*, 27, 205-218.
- Kearney, M. (2012). Metabolic theory, life history and the distribution of a terrestrial ectotherm. *Funct. Ecol.*, 26, 167 - 179.
- Kearney, M.R. & Porter, W.P. (2017). NicheMapR — an R package for biophysical modelling: the microclimate model. *Ecography*, 40, 664-674.
- Kearney, M.R. & Porter, W.P. (2019). NicheMapR - an R package for biophysical modelling: the ectotherm and Dynamic Energy Budget models. *Ecography*, 43, 85-96.
- Kelly, J.D. & Lee, R.E., Jr. (1999). Induction of rapid cold hardening by cooling at ecologically relevant rates in *Drosophila melanogaster*. *J. Insect Physiol.*, 45, 719-726.
- Kenagy, G.J. & Smith, C.B. (1971). Radioisotopic measurement of depth and determination of temperatures in burrows of heteromyid rodents. *Proc. 3rd Nat. Symp. Radioecology*, 265-273.

- Kingsolver, J.G., Woods, H.A., Buckley, L.B., Potter, K.A., MacLean, H.J. & Higgins, J.K. (2011). Complex life cycles and the responses of insects to climate change. *Integr. Comp. Biol.*, 51, 719-732.
- Layne, J.R., Jr., Manis, M.L. & Claussen, D.L. (1985). Seasonal variation in the time course of thermal acclimation in the crayfish *Orconectes rusticus*. *Freshw. Invertebr. Biol.*, 4, 98-104.
- Lee, R.E., Jr. (2010). A primer on insect cold-tolerance. In: *Low temperature biology of insects* (eds. Denlinger, DL & Lee, RE, Jr.). Cambridge University Press Cambridge, UK, pp. 3-34.
- Levy, O., Buckley, L.B., Keitt, T.H. & Angilletta, M.J., Jr. (2016). Ontogeny constrains phenology: opportunities for activity and reproduction interact to dictate potential phenologies in a changing climate. *Ecol. Lett.*, 19, 620-628.
- Lowe, C.H., Lardner, P.J. & Halpern, E.A. (1971). Supercooling in reptiles and other vertebrates. *Comp. Biochem. Physiol.*, 39A, 125-135.
- Lutterschmidt, D.I., LeMaster, M.P. & Mason, R.T. (2006). Minimal overwintering temperatures of red-sided garter snakes (*Thamnophis sirtalis parietalis*): a possible cue for emergence? *Can. J. Zool.*, 84, 771-777.
- Lutterschmidt, W.I. & Hutchison, V.H. (1997). The critical thermal maximum: data to support the onset of spasms as the definitive end point. *Can. J. Zool.*, 75, 1553-1560.
- Macartney, J.M., Larsen, J.N. & Gregory, P.T. (1989). Body temperatures and movements of hibernating snakes (*Crotalus* and *Thamnophis*) and thermal gradients of natural hibernacula. *Canadian Journal of Zoology*, 67, 108-114.
- Macartney, J.M., Larsen, K. & Gregory, P.T. (2011). Body temperatures and movements of hibernating snakes (*Crotalus* and *Thamnophis*) and thermal gradients of natural hibernacula. *Canadian Journal of Zoology*, 67, 108-114.
- Mail, G.A. (1930). Winter soil temperatures and their relation to subterranean insect survival. *Journal of Agricultural Research*, 41, 571-592.
- Marshall, K.E. & Sinclair, B.J. (2012). The impacts of repeated cold exposure in insects. *J. Exp. Biol.*, 215, 1607-1613.

- Marshall, K.E. & Sinclair, B.J. (2015). The relative importance of number, duration and intensity of cold stress events in determining survival and energetics of an overwintering insect. *Funct. Ecol.*, 29, 357-366.
- Marshall, K.E. & Sinclair, B.J. (2018). Repeated freezing induces a trade-off between cryoprotection and egg production in the goldenrod gall fly, *Eurosta solidaginis*. *J. Exp. Biol.*, 221, jeb177956.
- Mayhew, W.W. (1964). Hibernation in the horned lizard *Phrynosoma mcalli*. *Comp. Biochem. Physiol.*, 16, 103-119.
- Moore, D., Stow, A. & Kearney, M.R. (2018). Under the weather?—The direct effects of climate warming on a threatened desert lizard are mediated by their activity phase and burrow system. *J. Anim. Ecol.*, 87, 660-671.
- Muñoz, M.M., Langham, G., Brandley, M., Rosauer, D., Williams, S. & Moritz, C. (2016). Basking behavior predicts the evolution of heat tolerance in Australian rainforest lizards. *Evolution* 70, 2537-2549.
- Muñoz, M.M., Stimola, M.A., Algar, A.C., Conover, A., Rodriguez, A.J., Landestoy, M.A. *et al.* (2014). Evolutionary stasis and lability in thermal physiology in a group of tropical lizards. *Proc Roy Soc B*, 281, 20132433.
- Nordberg, E.J. & Cobb, V.A. (2016). Midwinter emergence in hibernating timber rattlesnakes (*Crotalus horridus*). *J. Herpetol.*, 50, 203-208.
- Nordberg, E.J. & Cobb, V.A. (2017). Body temperatures and winter activity in overwintering timber rattlesnakes (*Crotalus horridus*) in Tennessee, USA. *Herpetological Conservation and Biology*, 12, 606-615.
- Olson, J.F., Eton, M., Kells, S.A., Morin, V. & Wang, C. (2013). Cold tolerance of bed bugs and practical recommendations for control. *J. Econ. Entomol.*, 106, 2433-2441.
- Otto, S.P. & Rosales, A. (2020). Theory in service of narratives in ecology and evolution. *Am. Nat.*, 195, 290–299.
- Parker, W.S. & Brown, W.S. (1974). Mortality and weight changes of Great Basin rattlesnakes (*Crotalus viridis*) at a hibernaculum in northern Utah. *Herpetologica*, 30, 234-239.

- Patterson, J.W. & Davies, P.M.C. (1978). Energy expenditure and metabolic adaptation during winter dormancy in the lizard *Lacerta vivipara* Jacquin. *J. Therm. Biol.*, 3, 183-186.
- Patterson, J.W. & Davies, P.M.C. (1984). The influence of temperature, sexual condition, and season on the metabolic rate of the lizard *Psammodromus hispanicus*. *J. Comp. Physiol. B*, 154, 311-316.
- Pingor, A.F.V., Schwarzkopf, L. & Krockenberger, A.K. (2016). Extensive acclimation in ectotherms conceals interspecific variation in thermal tolerance limits. *PLoS One*, 11, e0150408.
- Regal, P.J. (1966). Thermophilic responses following feeding in certain reptiles. *Copeia*, 1966, 588-590.
- Rossi, G.S., Cramp, R.L., Wright, P.A. & Franklin, C.E. (2020). Frogs seek hypoxic microhabitats that accentuate metabolic depression during dormancy. *J. Exp. Biol.*, 223, jeb218743.
- Ruby, D.E. (1977). Winter activity in Yarrow's spiny lizard, *Sceloporus jarrovi*. *Herpetologica*, 33, 322-333.
- Rukke, B.A., Hage, M. & Aak, A. (2016). Mortality, fecundity and development among bed bugs (*Cimex lectularius*) exposed to prolonged, intermediate cold stress. *Pest Manage. Sci.*
- Schwarzkopf, L., Caley, M.J. & Kearney, M.R. (2016). One lump or two? Explaining a major latitudinal transition in reproductive allocation in a viviparous lizard. *Funct. Ecol.*, 30, 1373-1383.
- Sexton, O.J., Jacobson, P. & Bramble, J.E. (1992). Geographic variation in some activities associated with hibernation in nearctic pitvipers. In: *The biology of pitvipers* (eds. Campbell, JA & Brodie, ED, Jr.). Selva Tyler, Texas, pp. 337-345.
- Sinclair, B.J. (2001a). Biologically relevant environmental data: macros to make the most of microclimate recordings. *CryoLetters*, 22, 125-134.
- Sinclair, B.J. (2001b). Field ecology of freeze tolerance: interannual variation in cooling rates, freeze-thaw and thermal stress in the microhabitat of the alpine cockroach *Celatoblatta quinquemaculata*. *Oikos*, 93, 286-293.

884 Sinclair, B.J. (2015). Linking energetics and overwintering in temperate insects. *J.*
885 *Therm. Biol.*, 54, 5-11.

886 Sinclair, B.J. & Chown, S.L. (2005). Deleterious effects of repeated cold exposure in a
887 freeze-tolerant sub-Antarctic caterpillar. *Journal of Experimental Biology*, 208, 869-
888 879.

889 Sinclair, B.J., Coello Alvarado, L.E. & Ferguson, L.V. (2015). An invitation to measure
890 insect cold tolerance: Methods, approaches, and workflow. *J. Therm. Biol.*, 53, 180-
891 197.

892 Smith, A. (1929). Daily and seasonal air and soil temperatures at Davis, California.
893 *Hilgardia*, 4, 77-112.

894 Stieler, J.T., Boerrema, A.S., Bullmann, T., Kohl, F., Strijkstra, A.M., Barnes, B.M. *et al.*
895 (2006). Activity-state profile of tau kinases in hibernating animals. In:
896 *Hypometabolism in animals: torpor, hibernation and cryobiology* (eds. Lovegrove,
897 BG & McKechnie, AE). University of KwaZulu-Natal, Pietermaritzburg, pp. 133-
898 142.

899 Storey, K.B. (1990). Biochemical adaptation for cold hardiness in insects. *Phil. Trans. R.*
900 *Soc. Lond. B*, 326, 635-654.

901 Storey, K.B. (2006). Reptile freeze tolerance: metabolism and gene expression.
902 *Cryobiology*, 52, 1-16.

903 Tester, M. & Morris, C. (2006). The penetration of light into soil. *Plant, Cell Environ.*,
904 10, 281-286.

905 Tinkle, D.W. & Hadley, N.F. (1973). Reproductive effort and winter activity in the
906 viviparous montane lizard *Sceloporus jarrovi*. *Copeia*, 1973, 272-277.

907 Tsuji, J.S. (1988). Thermal acclimation of metabolism in *Sceloporus* lizards from
908 different latitudes. *Physiol. Zool.*, 61, 241-253.

909 Tucker, J.K. & Packard, G.C. (1998). Overwinter survival by hatching sliders
910 (*Trachemys scripta*) in west-central Illinois. *J. Herpetol.*, 32, 431-434.

911 Tukey, J.W. (1962). The future of data analysis. *Ann. Math. Stat.*, 33, 1-67.

912 Turner, J.S. (1984). Raymond B. Cowles and the biology of temperature in reptiles. *J.*
913 *Herpetol.*, 18, 421-436.

- van Gelder, J.J., Olders, J.H.J., Bosch, J.W.G. & Starmans, P.W. (1986). Behaviour and body temperature of hibernating common toads *Bufo bufo*. *Ecography*, 9, 225-238.
- Viitanen, P. (1967). Hibernation and seasonal movements of the viper, *Vipera berus* (L.), in southern Finland. *Ann. Zool. Fenn.*, 4, 472-546.
- Wilke, C.O. (2020). ggridges: ridgeline plots in 'ggplot2'.
- Williams, C.M., Henry, H.A.L. & Sinclair, B.J. (2014). Cold truths: how winter drives responses of terrestrial organisms to climate change. *Biological Reviews*, 90, 214–235.
- Williams, C.M., Marshall, K.E., MacMillen, H.A., Dzurisin, J.D.K., Hellmann, J.J. & Sinclair, B.J. (2012). Thermal variability increases the impact of autumnal warming and drives metabolic depression in an overwintering butterfly. *PLoS One*, 7, e3470.
- Wilson, B.S. & Cooke, D.E. (2001). Latitudinal variation in rates of overwinter mortality in the lizard *Uta stansburiana*. *Ecology*, 85, 3406-3417.
- Wu, N.C., Alton, L.A., Clemente, C.J., Kearney, M.R. & White, C.R. (2015a). Morphology and burrowing energetics of semi-fossorial skinks (*Liopholis* spp.). *Journal of Experimental Biology*, 218, 2416-2426.
- Wu, N.C., Alton, L.A., Clemente, C.J., Kearney, M.R. & White, C.R. (2015b). Morphology and burrowing energetics of semi-fossorial skinks (*Liopholis* spp.). *J. Exp. Biol.*, 2015, 2416-2426.
- Yagi, A.R., Plank, R.J., Yagi, K.T. & Tattersall, G.J. (2020). A long-term study on Massasaugas (*Sistrurus catenatus*) Inhabiting a partially mined peatland: A standardized method to characterize snake overwintering habitat. *J. Herpetol.*, 54, 235-244.
- Zani, P.A. (2008). Climate-change trade-offs in the side-blotched lizard (*Uta stansburiana*): effects of growing-season length and mild temperatures on winter survival. *Physiol. Biochem. Zool.*, 81, 797-809.
- Zani, P.A., Irwin, J.T., Rollyson, M.E., Counihan, J.L., Heelas, S.D., Lloyd, E.K. *et al.* (2012). Glycogen, not dehydration or lipids, limits winter survival of side-blotched lizards (*Uta stansburiana*). *J. Exp. Biol.*, 215, 3126-3134.

Figure Legends

Figure 1 Concept diagram of protocol for simulating consequences of overwintering underground at different depths. **(a)** Download and clean soil temperatures (T_{soil} , 5 depths, hourly) for 90 SCAN/SNOTEL sites. **(b)** Determine whether T_{soil} dropped below freezing (-0.63°C , assumed lethal). Here a representative cold (Lovelock, NV: 40.18°N , 118.47°W) and a warm (Ford Dry Lake, CA: 33.65°N , 115.10°W) site are depicted. Shallow T_{soil} dropped below freezing at the cold site but not the warm site. **(c)** T_{soil} are mapped onto cumulative energy expenditure over winter (J/g), and both sites had minimal expenditures at -20 cm. **(d)** A biophysical and behaviour model predict opportunities for activity. T_{soil} at the cold site were too cold, but those (especially at -5 cm) at the warm site permitted activity on many winter days.

Figure 2 Soil temperatures in 2018 at Ford Dry Lake, CA (33.65°N , 115.10°W , 120 m). (A) Ridgeline plots (Wilke 2020) of monthly soil temperatures at three representative depths. Monthly and seasonal variation decreases with depth. (B) Hourly soil temperatures from November through December. Blue colours represent temperatures at or below the median critical thermal minimum for lizards (11.3°C).

Figure 3 Soil temperature extremes by month, depth, and site. (A) Minimum T_{soil} by month and depth (cm) for a random sample of 25 sites. Each line represents one site. Supercooling temperature (-6.0°C), freezing temperature (-0.63°C), and median CT_{min} temperature (11.2°C , dotted blue line) are indicated (blue dashed lines). (B) Maximum T_{soil} by month and depth. Within sub-panels, depths (y-axis) are arranged from shallow to deep.

Figure 4 Proportion of hours in January having sub-freezing (-0.63°C) temperatures as function of depth. Depths that never froze are red.

Figure 5 Ectotherms that choose shallow retreats are active much more often in winter than are those overwintering deep in the soil. Plotted are predicted body temperature of 20-g ectotherms that retreat to various depths at Ford Dry Lake, CA. If T_{soil} at a given depth rises $0.1^{\circ}\text{C}/\text{h}$ and is above an assumed threshold (20°C), the ectotherm emerges and become active on the surface if surface T_e is $\geq 35^{\circ}\text{C}$ (see Box 1). Otherwise, it

remains underground and has a $T_b = T_{soil}$. Predicted T_b is red for active animals, otherwise grey.

Figure 6 (A) Cumulative hours of activity (potential) for a lizard spending inactive periods at various depths at Ford Dry Lake, CA for November – March (see legend Fig. 4). (B) Total energy costs for winter for ectotherms that remain inactive at fixed depths (grey symbols) or become active on warm winter days (December – February) (black). (C) Maximum run-lengths below the critical thermal minimum (CT_{min} , here 7.3 °C) with depth in winter. (D) Number of freezing events (< -0.63 °C) in winter by depth. All calculations assume a warm signal of 0.1 °C/h.

Figure 7 Simulated soil temperatures at various depths for Ford Dry Lake, CA for 30% shade coverage (A) or 60% coverage (F). Red indicates $T_{soil} > 9.3$ °C. (B & D) Depths minimizing metabolic rate each hour over winter, contingent on $T_{soil} > 9.3$ °C). (C & E) Cumulative metabolic rate (ml O₂/h) for a Panglossy ectotherm (green) and for ectotherm at fixed depths (-2.5 cm to -100 cm: darker lines indicate deeper in soil).

Box 1. Parameter values and simulation procedures

Simulating risk of cold death (Question 1)

We used 11.2 °C as a base CT_{min} (median for 40 lizard species in Grigg & Buckley 2013; Muñoz *et al.* 2014; Muñoz *et al.* 2016) plus a site-specific CT_{min} adjusted for latitude and elevation (Supplemental Information). We used -0.63 °C for freezing point and -6.0 °C for supercooling point (medians of values for 23 species in Lowe *et al.* 1971). We calculated the percentages of sites (by depth, month) where T_{soil} dropped below each index [Supplemental Information.]

Predicting mid-winter activity (Question 2)

To explore Cowles's prediction (1941) that only shallow squamates could detect whether

winter-surface conditions were adequate for activity, we used the microclimate model in NicheMapR (Kearney & Porter 2017) to simulate T_{soil} at fixed depths (2.5, 5, 10, 15, 20, 30, 50, 100 cm) at a desert site (Ford Dry Lake, CA, 33.7°N, -115.1°W) for winter 2017-2018. [Input values are in Appendix I, Supplemental Information.] Using the ‘ectotherm’ function of NicheMapR (Kearney & Porter 2019), we computed T_b and hours of foraging activity by a 20-g lizard. A squamate emerged if T_b was above a threshold ($T_{\text{RB,min}} = 20$ °C) and was increasing (≥ 0.1 °C h⁻¹) (Table S10).

Once emerged, a squamate foraged if its T_b was within a foraging range ($T_{\text{F,min}} = 35.0$ °C; $T_{\text{F,max}} = 43.0$ °C). To achieve its preferred body temperature ($T_{\text{pref}} = 39.0$ °C) and avoid overheating, it shuttled between 0% and 90% shade. Once T_b in sun exceeded T_{pref} , the lower shade level was increased (3% increments, from 0% to 90%) to enable T_{pref} ; thereafter T_{pref} was incremented to $T_{\text{F,max}}$. When surface conditions were too hot or cold, the animal retreated to a fixed depth or (for ‘Panglossy’ ectotherms, below) to a depth that avoids extremely high [$T_{\text{F,max}} + (CT_{\text{max}} - T_{\text{F,max}}) / 2$] and cold (-0.63 °C) temperatures.

Using a metabolic temperature equation ($M \times T$, $Q_{10} \sim 2.4$) for reptiles (Andrews & Pough 1985), we mapped empirical T_{soil} to estimates of hourly metabolic rates, assuming the $M \times T$ relationship was constant during dormancy. [Table S6 provides sample Q_{10} for lizards tested at low T_b and thus relevant to winter.] Hourly metabolic rates summed for December-February. Foraging activity was summed for November-March.

Predicting energetic losses and digestion (Question 3)

We mapped empirical T_{soil} (all sites) to hourly metabolic rates for a 20-g lizard and summed over time, assuming that $M \times T$ relationships are geographically and temporally stable (see text). We excluded depths where T_{soil} dropped below freezing (-0.63 °C), as ectotherms would not likely survive there (Storey 2006).

Next, we relaxed the restriction that ectotherms stay at fixed depths and allowed them to move every hour to the depth that will have the lowest T_{soil} (thus lowest metabolic costs) in the next hour. This scenario represents the optimality concept of a ‘Panglossy’ ectotherm – one that is always in the best thermal environment (Huey *et al.* 1989). To

enable Panglossy ectotherms to move, we excluded depths with T_{soil} below CT_{min} . When determining energy costs for Panglossy ectotherms, we ignored locomotion costs (Wu *et al.* 2015a).

Reptiles feeding require elevated temperatures for digestion. To determine how depth affects digestion rate, we calculated the reciprocal an equation for gut passage time (hours) versus body temperature for *Sceloporus undulatus* (from Table 1, in Angilletta 2001a): $1/(-20.59 \times T_{\text{soil}} + 0.26 \times T_{\text{soil}}^2 + 428.85)$. We determined the depth that maximized cumulative costs, contingent on T_{soil} not dropping below -0.63°C (lethal, see above). [We assumed that a lizard that captured food would immediately retreat underground to a fixed depth and not emerge to bask on subsequent days.]

Box 2. An agenda for studies of overwinter biology of ectotherms

Field studies

- (1) Document body temperature profiles throughout winter.
- (2) Determine overwintering microsites used by ectotherms. Do animals shift depths or positions during winter or stay at fixed sites?
- (3) Quantify winter patterns of activity and of feeding. Explore ecological (condition, growth, life history) consequences.
- (4) Measure variation in overwinter mortality and causes thereof. Determine whether animals die of cold, starvation, desiccation, suppressed immune responses, or predation.

Physiological studies

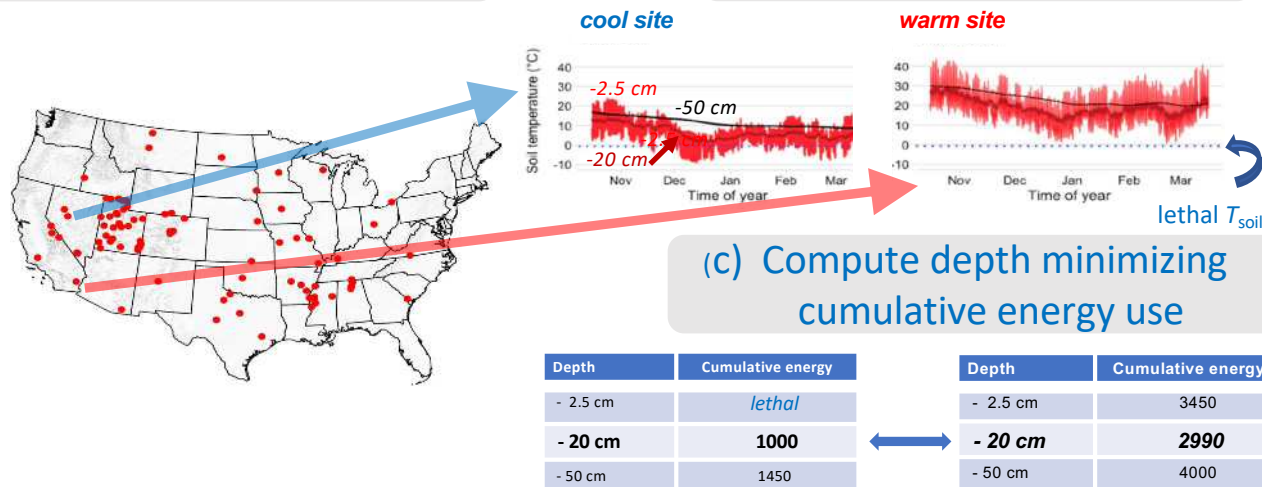
- (1) Derive and implement ecologically relevant assays (using natural cooling patterns) of cold tolerance and of metabolic-temperature relationships before, during, and after dormancy. Relate metabolic shifts (e.g., compensation, depression) to ecology and distribution.
- (2) Quantify physiological costs and benefits of winter activity with and without feeding.
- (3) Determine environmental and internal cues that initiate and terminate activity in winter. Do these vary seasonally, geographically, ontogenetically, and interspecifically?

Table 1. Percentage of depths (by site) having the lowest cumulative energy cost over several winter periods, contingent on T_{soil} never dropping below freezing at that depth (-0.63°C). Depth with lowest cumulative energy cost at most sites is boldfaced.

Depth (cm)	Jan only	Dec-Feb	Nov-Mar	Oct-Apr
5	33.0	41.8	60.2	69.4
10	19.6	28.6	27.6	24.5
20	21.6	14.3	11.2	5.1
50	19.6	14.3	1.0	1.0
100	6.2	1.0	0.0	0.0

(a) Download & clean
SCAN/SNOTEL T_{soil}

(b) Examine T_{soil} by depth,
determine lethal depths



(d) Integrate biophysical + behavioural models,
predict activity on warm days

