

Sphynx

Cat breeds: profiles and everyday care



Adult weight (kg)	3–6.5
Typical lifespan (years)	8–14
Coat	Hairless or covered with fine down
Origin	Canada

A practical breed overview. Adult ranges are broad references, not targets, and appearance or breed label cannot predict an individual cat’s health or temperament.

Breed-specific care focus

Keep the cat comfortably warm indoors and provide shade from strong sun; never use human sunscreen unless a veterinarian specifically recommends it. Check skin folds and ears gently and ask the vet which bathing routine, if any, is suitable.

Health context

HCM is reported more often in Sphynx cats. Ask a veterinarian about family history and appropriate screening, and seek care for breathing difficulty, collapse or sudden hind-leg weakness.

A breed can help you prepare, but it is not a diagnosis or a care prescription. Ask your veterinarian to shape an individual plan.

A cat-centred daily rhythm

Food and water

Choose a complete food suited to life stage and health. Measure the daily amount with your veterinary team, divide it into a pattern that suits the cat, and keep fresh water available in a separate, accessible place. Do not infer calories or portions from breed weight ranges.

Litter and shared resources

Keep boxes clean, easy to reach and away from food and noisy traffic. A common starting point is one box per cat plus one extra, placed in separate locations where possible. Scoop at least daily; provide distinct resting, scratching, hiding and feeding areas in multi-cat homes.

Play and enrichment

Offer several short, choice-based play opportunities across the day: wand play, safe searching or food puzzles. Let the cat catch the toy, pause or leave. Add stable vertical space, hiding places and scratching surfaces; rotate toys and supervise strings or small parts.

Medication and handover

Record only medication prescribed for this cat: name, prescribed dose, route, interval, food instructions, dates, and who gave it and when. Check the record before repeating a dose. For a missed dose or reaction, contact the clinic; do not double a dose or change treatment yourself.

Sleep and quiet rest

Cats rest in many short periods across day and night, and the pattern varies with age, health and the home. Provide a warm, quiet, accessible choice of resting places where the cat can retreat undisturbed. A sudden change in sleep, comfort or ability to settle deserves veterinary discussion.

Life stages: adapt the plan

Newborn and very young kitten

From birth, follow a veterinary or experienced rescue plan for warmth, nursing or safe feeding, elimination and individual weight checks. Weakness, feeling cold, difficulty breathing or inability to feed needs prompt veterinary help; an adult schedule must never delay care.

Kitten: birth to 1 year

Support steady growth with a complete kitten diet, frequent age-appropriate meals, safe play and regular veterinary preventive care. Follow the clinic's vaccination, parasite and sterilization advice; activity and feeding needs change quickly as the kitten grows.

Young adult: 1–6 years

Build a stable rhythm around measured complete meals, daily play, clean litter and routine preventive visits. Adjust food and activity to body condition, indoor access, health and the cat's response rather than breed assumptions.

Mature adult: 7–10 years

Keep preventive reviews and note changes in appetite, thirst, weight, grooming, movement or litter habits. Ask the veterinarian whether the check-up schedule or screening should change for this cat.

Senior: over 10 years

Make food, water, litter and favourite resting places easy to reach. Discuss check-up frequency with the veterinarian and record subtle changes in appetite, comfort, sleep, mobility or social behaviour; do not dismiss a new sign as age alone.

Very senior or frail at any age

Prioritise comfort, warmth, low-effort access to essentials and help with grooming or litter when needed. Review pain, night waking and quality of life with the veterinary team; do not apply a younger cat's activity target.

When to contact a veterinarian

Seek emergency veterinary care for open-mouth or difficult breathing, collapse, seizure, major injury or sudden inability to use the back legs.

Contact a clinic promptly for repeated straining with little or no urine, not eating, repeated vomiting, marked behaviour change or persistent pain. Kittens, older cats and cats with known illness may need faster assessment.

Care handover log

Task	Time	Caregiver	Notes

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Sources and further reading

[TICA — Sphynx](#)

[HCM](#)

[AAFP/ISFM environmental needs guidelines](#)

[AAHA/AAFP feline life-stage definitions](#)

[Sphynx](#)

This guide organizes care observations; it does not diagnose or prescribe. Use the cat's veterinary plan for individual decisions.