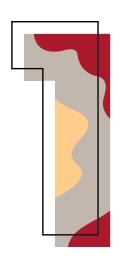
# INFANT STATES OF AROUSAL

### READINESS TO FEED



### **DEEP SLEEP**

Eyes closed with no obvious eye movement, regular breathing, little body movement

Support baby's need for sleep with skin to skin contact, minimize disruption and movement around baby's sleep space



#### **LIGHT SLEEP**

Eyes closed with noted rapid eye movement, small body movements, irregular breathing, sucking movements may occur

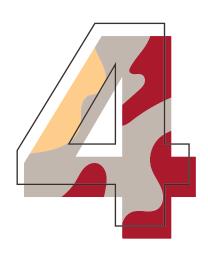
Baby is more easily disturbed and appears restless. Resettle them by using a soft voice and touch



# TRANSITIONAL/DROWSY

Allow baby some time to decide if they are going to wake up or go back to sleep

Eyes open but heavy, smooth body movement, delayed reactions, some fussing and noise making



# **\*QUIET ALERT**

Eyes open and engaged, making facial expressions, calm with little movement, may show feeding cues like sucking and mouthing

Best state for socializing and feeding, place them in a well-supported position



### **ACTIVE ALERT/FUSSY**

Eyes open, more activity, responds to stimuli in environment, more obvious feeding cues

May be trying to communicate needs such as tiredness, wanting to feed, or needing a break - turning head, putting hand out, hiccups/yawns



#### **CRYING**

Eyes closed/fluttering, intense and loud crying, or intense period of fussing

Baby is trying to communicate, look a ttheir face and behavior to understand what they want and how to comfort and support them

