

# INFANT STATES OF AROUSAL

## ***READINESS TO FEED***

1

### **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

2

### **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

3

### **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*

4

### **\*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

5

### **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

6

### **CRYING**

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

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



**SALUS UNIVERSITY**