

Sleep States



- Quiet (Deep) Sleep
- Active (Light) Sleep

Active Sleep

- Some
- Move
- (rapid
- Move
- smile
- Irreg
- More



Quiet Sleep

- Little t
- No eye
- Little t
- Smoot
- Gener



Where and how should babies sleep?

Infant Safe Sleep





Unsafe Infant Sleep



Infant Sleep



Sleep Training

- AAP, AAFP, APA(American Psychological Association) Advise **AGAINST** both Cry It Out (Babywise, etc.) and Controlled Crying (Baby Whisperer, Ferber Method, etc.)
- Respond to an infant as you would any toddler, child or adult.



• Physical and Psychological damage occur in humans **at all developmental stages** when their needs are neglected or intentionally unmet.
