





Awake States

- Drowsy
- Quiet Alert
- Active Alert
- Crying



Drowsy

- Variable activity
- Eyes glazed, heavy-lidded
- Some facial movements
- Irregular respirations
- Delayed responsiveness



Quiet Alert

- Minimal
- Eyes
- Face
- Regular
- Most



Active Alert

- Much
- Eyes
- Some
- Irregular
- Fussy



Crying

- Increased motor activity
- Eyes tightly closed or open
- Facial grimace
- Very irregular respirations
- Extremely responsive to stimuli



Factors Influencing Infant State



Variety to Awaken "Many different ways in an active style"



Repetition to Soothe "One or more ways over and over in a slow style"