

### The Six States of Consciousness

	State Behaviors	Implications for Caregiving
Sleep States	<b>Quiet Sleep (non-REM)</b> Lack of body activity Smooth, regular respirations Lack of facial or eye movements Bursts of sucking movements Occasional startles Generally unresponsive	Very difficult to awaken If awakened, quickly returns to sleep Good time for activities that require little or no activity, i.e. trimming fingernails Intrusive procedures not recommended Feeding will be unsuccessful
	<b>Active Sleep (REM)</b> More body activity Irregular respirations Movements of face, may smile Movement of eyes under the lids More responsive	Less difficult to awaken Parents often think baby is awake Feeding will be unsuccessful
Transitional State	<b>Drowsy</b> Variable activity Irregular respirations Opens and closes eyes Eyes glazed, heavy-lidded look Delayed responsiveness	More easy to awaken Difficult to tell if babies are awake or asleep If left alone, babies may go back to sleep Take time to fully awaken before feeding To awaken, give babies something to see, hear or suck
Awake States	<b>Quiet Alert</b> Minimal body activity Regular respirations Face has bright, shiny, look Eyes wide and bright Most attentive to stimuli	Good time to feed, talk, look at, or hold the infant. Baby will respond and learn best in this state In the first few hours after birth, most newborns have intense periods of this state, followed by a long sleep period
	<b>Active Alert</b> Much body activity Irregular respirations Facial movement Eyes open, but not bright Fussiness Sensitive to stimuli	State most babies will likely begin the feeding Beginning signal for a change, i.e. need to be fed, repositioned, and so on May be difficult to get the infant to interact If left alone in this state, baby will often begin consoling self
	<b>Crying</b> Irregular respirations Facial grimace Cries Color changes Variable sensitivity to stimuli	Baby's limits have been reached Signals a need for a change May console self May need consoling by caregiver