# Sleep states



### Deep sleep

My eyes are closed with no eye movements.

My breathing is soft and regular.

My body is still, but I may occasionally startle or have sucking movements.

Sleep is important for your baby as it is the time when they grow and develop. Try not to wake your baby up when they are in a deep sleep.

### Light sleep

My eyes are closed or fluttering. You may see some rapid eye movements under my eyelids.

I may have some body and face movements.

My breathing may be more irregular.



During this time you may want to keep noises and disturbances to a minimum if you would like your baby to continue to sleep as they may be more easily disturbed.

### Drowsy

My eyes may open and close, my eyelids are heavy.

My movements are smooth and I may suck.

I will react to noise and touch.



During this time your baby will either move to light sleep or to an awake, alert state. Watch, wait and see what your baby will do.
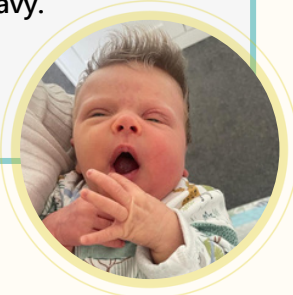
# Awake states



### Quiet alert

My eyes are open and bright.

My body is relaxed and still.

I focus and show interest in faces, voices and objects around me.

I may smile and make cooing or gurgling sounds.

This is the time to enjoy chatting and playing with your baby, which is so important for their developing brain. Remember at this young age your baby can only maintain this state for short periods, they will show you when they need a break (see 'Helping your baby to take a break').

### Fussing

My body will be moving much more.

I may make more sounds like fussing.

I become much more sensitive to noise and movement.



This is your baby's way of telling you something is bothering them and needs to change. Try slowing things down or changing position. Your baby may be hungry, tired or need a nappy change. Or they may want to talk more.

### Crying

My eyes may be closed tight and my face will grimace.

My body will be moving lots.



Your baby is telling you they need something different. It is not always easy to know why your baby is upset and how to respond. By getting to know your baby over time, and through trial and error, you can make sense of what it is they want. (See 'Soothing and settling my baby').

**Brazelton Centre UK**
understanding baby behaviour