

# STAGES OF FATIGUE

1



Baby is alert, energetic, and wide-eyed. They actively engage with their surroundings and pay attention to what's going on around them.

Baby gets less active and their eyes begin to get a little heavy. They become less interested in their surroundings and may want to be picked up and held.

2



Eyelids begin to get noticeably heavier and may begin to squirm, arch their back, or rub their eyes.

3



Baby may pull on their ears, yawn, become fussy, cry, and seem generally uncomfortable.

4



Baby's entered into very light sleep at the first stage of the sleep cycle. May still squirm and make some noise.

5

