

# 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



3



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

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

4



5



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