

Behavioral States

Quiet Sleep



Eyes closed and still; respiration regular and abdominal; motor activity minimal except for startles or mouthing.

Active Sleep



Eyes closed with slow rolling movement or REM; respiration irregular; motor activity ranging from minor twitches to stretching movements.

Drowsy



Eyes opening and closing, when open have a glazed appearance; respiration faster and more shallow than in quiet sleep; some generalized motor activity.

Quiet Alert



Eyes open, bright, and shining; little or no motor activity or facial movements.

Behavioral States

Active Alert



Eyes generally open; generalized motor activity, often accompanied by grimacing and/or brief vocalizations.

Fussing/Crying



Generalized motor activity with agitated vocalization; ranges from mild fussing to continuous crying.

Indeterminate

Insufficient criteria with which to arrive at any of the above state classifications.