

wakefulness that is initially evident during the periods of reactivity. After this initial period, it is not unusual for the infant to sleep almost constantly for the next 2 to 3 days to recover from the exhausting birth process.

Infants have six distinct sleep–wake states, which represent a particular form of neural control (Table 7-3). As maturity increases, each state becomes more precisely defined according to the behaviors observed. **State** is defined as a “group of characteristics that regularly occur together” (Blackburn, 2013) and includes body activity, eye and facial movements, respiratory pattern, and response to internal and external stimuli. The six sleep–wake states are quiet (deep) sleep, active (light) sleep, drowsy, quiet alert, active alert, and crying. Infants respond to internal and external environmental factors by controlling sensory input and regulating the sleep–wake states; the ability to make smooth transitions between states is called **state modulation**. The ability to regulate sleep–wake states is essential in infants' neurobehavioral development. The more immature the infant, the less able he or she is able to cope with external and internal factors that affect the sleep–wake patterns.

**TABLE 7-3**  
**States of Sleep and Activity**

State and Behavior	Implications for Parenting
<b>Deep Sleep (Quiet)</b>	
Closed eyes Regular breathing No movement except for occasional sudden bodily twitch No eye movement	Continue usual house noises because external stimuli do not arouse infant. Leave infant alone if sudden loud noise awakens infant and he or she cries. Do not attempt to feed.
<b>Light Sleep (Active)</b>	
Closed eyes Irregular breathing Slight muscular twitching of body Rapid eye movement (REM) under closed eyelids May smile	External stimuli that did not arouse infant during deep sleep may minimally arouse child. Periodic groaning or crying is usual; do not interpret as an indication of pain or discomfort.
<b>Drowsy</b>	
Eyes may be open Irregular breathing Active body movement variable with occasional mild startles	Most stimuli arouse infant but may return to sleep state. Pick infant up during this time rather than leaving in crib. Provide mild stimulus to awaken. Infant may enjoy nonnutritive sucking.
<b>Quiet Alert</b>	