

# Sleep Cues



## 1 I'm sleepy

- Stares into the distance/zones out
- Pinkish skin around the eye / eyebrows
- Tried to avoid interaction
- Unable to focus



## 2 I'm tired

- Yawning
- Rubbing eyes
- Becoming fussy
- Pulling faces/grimacing
- Pulling at their ears
- Waving their arms and legs



## 3 I'm overtired

- Hysterical crying
- Arching of the back
- Clenched fists
- Rigid body
- Inconsolable

