



Signs of Overtiredness

- Frequent yawning and eye rubbing
- Fussiness, crying and irritability, particularly when trying to soothe them
- Difficulty falling asleep or staying asleep
- Restlessness and squirming
- Hyperactive (toddlers)
- Clenched fists and tense body
- Difficulty focusing or becoming easily distracted
- Arching of the back or stiffening of the limbs
- Disrupted sleep patterns, short naps and night time wake ups.

Signs of Undertiredness

- Short naps or difficulty staying asleep during naps
- Playing in the crib for longer than 20 min before falling asleep.
- Frequent waking after a short duration of sleep
- Waking up early in the morning
- Completely rejects the nap by playing or crying off and on for the whole duration.
- Wakes up content from a short nap, but then does not have the stamina to make it until next naptime

It's important to note that every baby is unique, and individual differences may exist in how they express tiredness or alertness. Monitoring your baby's behavior and cues consistently will help you better understand their sleep needs and adjust their routine accordingly.