

**Name That State - Sleep**

**Some movement**

**Rapid eye movement (REM)**

**Irregular breathing**

**Facial movement**

**Easily awakened  
and startled**

**Name That State - Sleep**

**No body movement**

**Regular breathing**

**Bursts of sucking**

**Not easily  
awakened**



DOH 961-1114 October 2016

This institution is an equal opportunity provider.

**Washington State WIC Nutrition Program does not discriminate.**

For persons with disabilities this publication is available on request in other formats.

To submit a request, please call 1-800-525-0127 (TDD/TTY 711).