

## Sleepy Cues Cheat Sheet

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### **“Hey, feeling a little tired here”**

Averting gaze or turning head away from your eyes or a toy

Blank stares

Eyebrows or between brows turning red

Less controlled, jerky movements

### **“You should probably put me in my bed right about now”**

Becoming fussy when you attempt to engage

Rubbing eyes

Yawning

Droopy eyelids

### **“I’m too far gone!”**

Crying

Arching body away from your touch

Rigid body

Frantic movements