



Neo SWAT
Sleep-Wake Assessment Tool

Indicator	0	1	2	Total score
Eyes	Lids closed with intermittent REM (rapid eye movement)	Lids closed; no REM observed	Lids open	
Respirations	Uneven respirations	Relatively regular and abdominal	Regular respirations, maybe crying	
Facial Expressions	Negative facial expressions (cry face or a frown)	Quiet facies, occasional sigh/startle	Interactive facies	
Motor activity	Sporadic motor movements, muscle tone low between movements	Tonic level of motor tone is maintained and motor activity is limited to startles or sighs	Motor activity varies but is usually high	
Cumulative Score				

Score < 3: is clear sleep state, do not disturb unless there is a medical emergency

Score 3-6: if cares are indicated, infant should be aroused gently with soft vocalizations and firm but gentle tactile input to a non-vulnerable area (i.e., placing caregiver's hand on the infant's back); increase verbal and tactile input as the infant's arousal level rises.

Score > 6: infant is waking/awake and ready for cares