

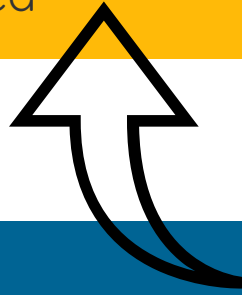
Window of Tolerance

Hyper-Arousal

- Emotional reactivity
- Increased sensitivity
- Hypervigilance
- High anxiety
- Over-functioning
- Disorganized cognitive processing

(Not Enough Sleep)

- Hard to accomplish tasks
- Easily overwhelmed

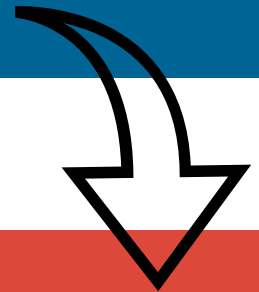


Window of Tolerance

- Can regulate emotions
- Information can integrate
- A calm parent can help a child regulate (parent superpower!)

Right Amount of Sleep)

- Can accomplish tasks
- Can think/plan



Hypo-Arousal

- Low Energy
- Under-functioning
- Numbing of emotions
- Disabled cognitive processing

(Too Much Sleep)

- All you want is more sleep
- Hard to accomplish tasks