Table 4: Eat, Sleep, and Console

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| **Parameter** | **Assessment** | **Intervention** |
| Eat | An appropriate amount based on days of life. | 1-2 days – < 1 oz./feeding, > 3 days - > 1 oz./feeding.Breastfeeding quality should be “good” as defined by the mother and nursing staff assessment. |
| Sleep | Undisturbed for a minimum of 1 hour. | Holding the newborn to support an undisturbed sleep period is often necessary. |
| Console | Determine if newborn can be consoled within 10 minutes; if not, nonpharmacologic interventions should be increased, including a second caregiver attempting to console the newborn. | If remains inconsolable, newborn may need pharmacologic treatment and the medical team should be notified. |

Adapted from Grisham et al., 2019