Normal Nervous System

Baseline

Arousal

Baseline

Arousal

Baseline

Arousal

Sleepy

Registers sensation, determines there is no threat, inhibits the sensation.

Nervous system returns to baseline.

Adapts to normal environments, rises to normal challenges.

Will most likely fall right to sleep and wake in the morning refreshed.

Common, non-irritating sensation that occurs throughout the day

Noise

Flickering Light

Strong Smells

Sensory data may be distorted and disorganized, The brain is less able to inhibit sensation.

Continues to feel bothered and distracted.

If she doesn’t get a break from sensation she will reach saturation point.

Often overwhelmed by the end of day. Although exhausted, may find sleep difficult.

Sensory Defensive Nervous System

Baseline

Arousal

Mild Irritation

Stressed

Overloaded

Melt Down

Shutdown

Register sensation, determines there is no threat, inhibits the sensation.

Nervous system returns to baseline.

Adapts to normal environments, rises to normal challenges.

Will most likely fall right to sleep and wake in the morning refreshed.

Common, non-irritating sensation that occurs throughout the day

Noise

Flickering Light

Strong Smells

Sensory data may be distorted and disorganized, The brain is less able to inhibit sensation.

Continues to feel bothered and distracted.

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