

# SENSORY LADDERS

**Shutdown 'disconnected brain'**  
(eg dissociated/unreal/dream-like/catatonic)  
freeze

## Over Alert

'primitive reptile brain'  
Protective, but can also be defensive/reflexive  
(eg angry/aggressive/irritable but also extreme effort/energy if needed)  
fright – fight or flight

## Calm and Alert

'cerebral cortex human brain' drives optimal functioning  
Mindfulness  
This space enables and promotes:  
• learning  
• remembering  
• make good decisions – 'clear' thinking

## Under Alert

(low/bored/disinterested)

## Sleep States

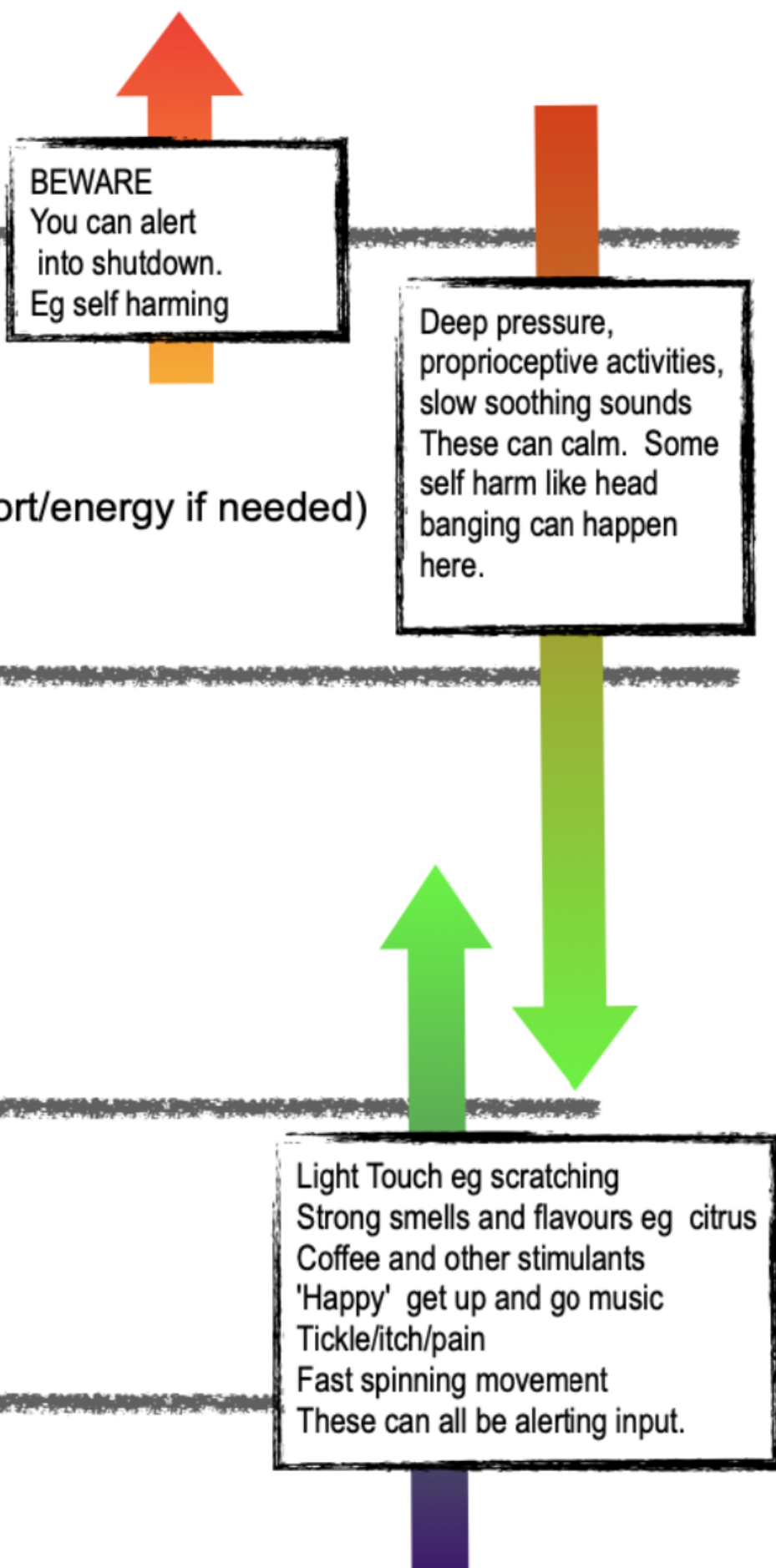
Reticular Activating System is a key regulator/waker -  
like a sensory scanning background for NB info

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References:

Breathnach, E; 2000 - Teaching on Sensory Modulation

Smith, K and Turner, A; 2002 – Sensory Levels



Sensory Ladder  
Levels of Arousal