“Wake Up and Breathe” Protocol
Spontaneous Awakening Trials (SATs) + Spontaneous Breathing Trials (SBTs)

**SAT Safety Screen**
- No active seizures
- No alcohol withdrawal
- No agitation
- No paralytics
- No myocardial ischemia
- Normal intracranial pressure

**SAT Failure**
- Anxiety, agitation, or pain
- Respiratory rate > 35/min
- Oxygen saturation < 88%
- Respiratory distress
- Acute cardiac arrhythmia

**SBT Safety Screen**
- No agitation
- Oxygen saturation ≥ 88%
- FiO2 ≤ 50%
- PEEP ≤ 7.5 cm H2O
- No myocardial ischemia
- No vasopressor use
- Inspiratory efforts

**SBT Failure**
- Respiratory rate > 35/min
- Respiratory rate < 8/min
- Oxygen saturation < 88%
- Respiratory distress
- Mental status change
- Acute cardiac arrhythmia

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