

Autonomic Nervous System

- Involuntary responses
- Pathways go to the glands, blood vessels and organs.
- Digestion, elimination, heart rate, salivation, perspiration, breathing, sexual arousal

Sympathetic Nervous System

Fight or Flight (being chased by Zombies)

Muscle breakdown (catabolic)

Releases muscle destroying and fat storing hormones

Cortisol, Adrenaline (noradrenaline)

Increased heart rate, blood pressure, sweating, blood vessels and pupils dilate, blood flow to the limbs.

Decrease in digestion and sexual function

Naturally active during the day

Everyday stress: Traffic, deadlines, kids, family, relationships.

Parasympathetic Nervous System

Rest and Digest (sleeping and healing)

Muscle building (anabolic)

Releases muscle building hormones

Growth hormone, DHEA, Melatonin, Testosterone, Estrogen

Repairs the body and responsible for sexual arousal

Stimulates digestion and elimination

Naturally active at night (specifically between 10 pm and 2 am)

Fixes the damage the Sympathetic Nervous System does to the body.

Nclex Question Abt Cns System

Dolores F. Saxton



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