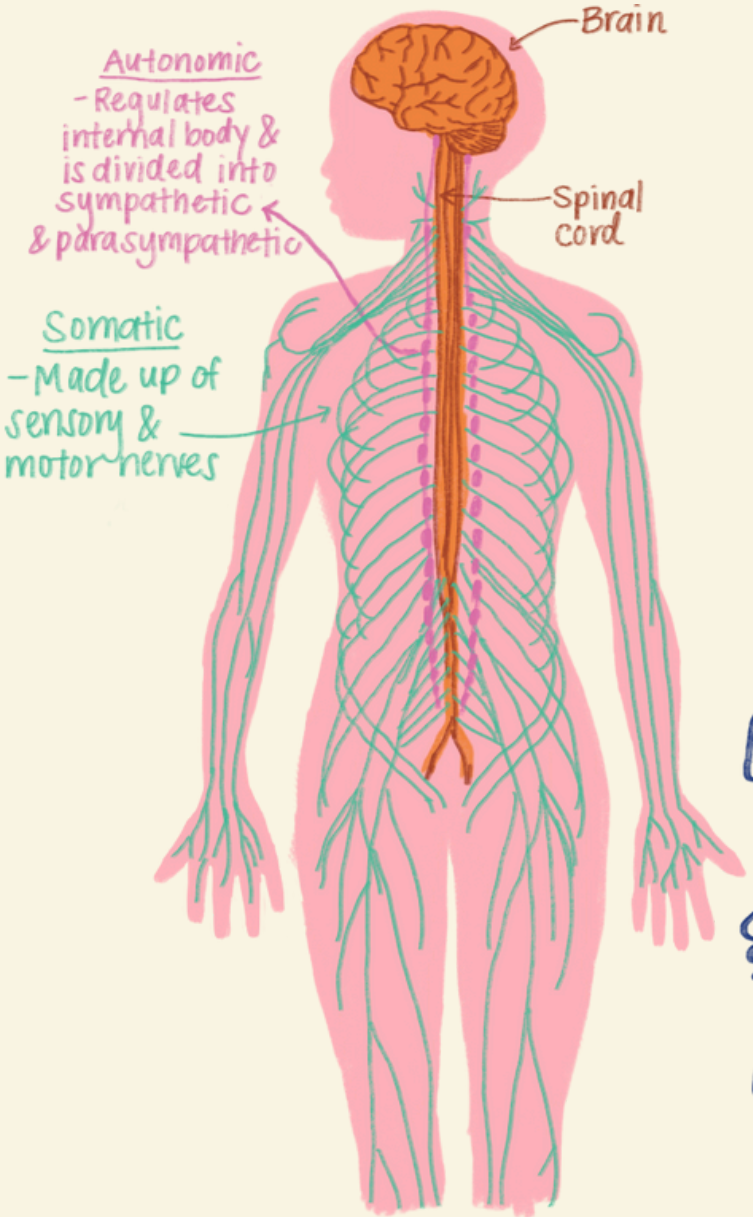
DIVISIONS OF THE NERVOUS SYSTEM

Our nervous system is more than just our brain. It extends through out our whole body and can be organized into different categories. The **central** nervous system (CNS) consists of the brain and spinal cord.

The **peripheral** nervous system (PNS) is a network of nerves that extends to the rest of the body. The PNS can be broken into the **somatic** and **autonomic** nervous systems. The autonomic nervous system can then be broken into the **sympathetic** and **parasympathetic** nervous system.

Sympathetic Nervous System
The flight-or-fight response and prepares the body to take action

- Dilates pupils of the eyes
- Stops flow of saliva
- Increases heartbeat
- Dilates bronchi of the lungs
- Stops digestions
- Release of glycogen in the liver
- Stops bladder contraction (stops urination)



Parasympathetic Nervous System
The rest-and-digest response and prepares the body to relax and recover

- Constricts pupils of the eyes
- Saliva production increased
- Slows heartbeat
- Constricts bronchi of the lungs
- Stimulates digestion
- Promotes glycogen storage in the liver
- Contracts bladder (allows urination)

Infographic by Hannah Pon

References:

Purves, D. (2018). Neuroscience (6th ed.). Oxford University Press.

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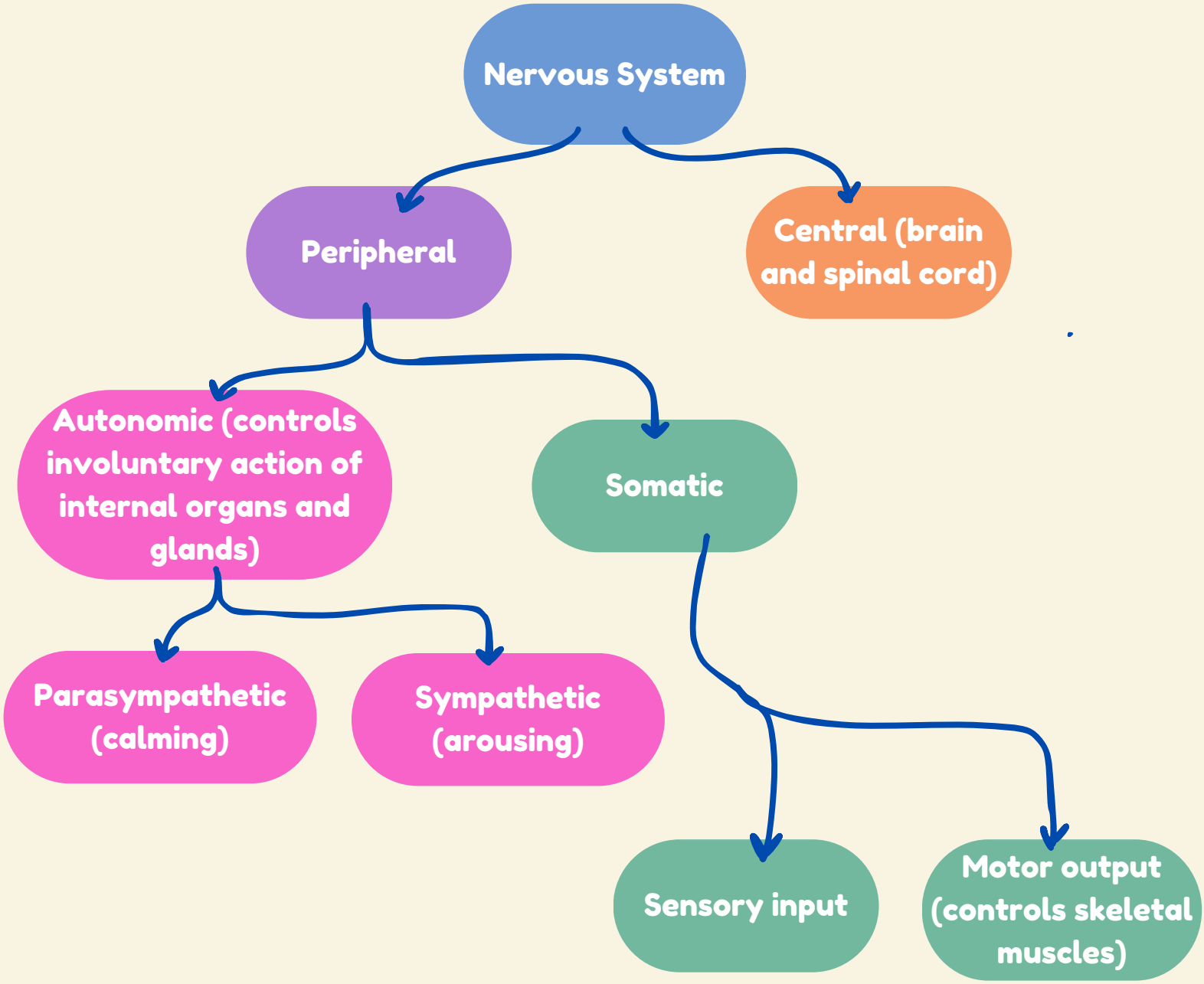

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