

The Nervous System



UNDERSTANDING
OUR RESPONSES

We have different types of how our nervous system works. Especially during daytime and nighttime. It is called the central nervous system and the peripheral nervous system. You are being exposed to the environment during the day, and this needs to be processed during night if you want to function well.

This is how it works (short term):

The relation or border limit between the conscious and the subconscious mind is something that is difficult to explain. You are as a whole, as a being, but the limitations for your consciousness are not yet there. Here is an example: Think of a flying bird, and lift your arm. The message to lift your arm is not in your conscious mind.

You might think that the peripheral nervous system is more activated during the day, but it seems that the opposite is our situation. The body needs to reconcile what it has been exposed to during the day, and at daytime the mind needs to reconcile what it is being exposed to.

Why many people get ticks when they are about to sleep is a great example. It stems from thousands of years back, where danger was part of our survival. The central nervous system is part of the temporal lobes, detecting possible dangers. This is not necessary anymore in most countries, but it will take Time to reconstruct the functionalities of this area of the brain.

The nervous system works 24 hours a day, necessary to keep our organs functioning, and also to be a reasoning human being. When we talk about different types of nervous systems it basically describes where the nervous system is functioning the most. Because every part of you is always functioning.

During daytime, the body needs the nervous system and this is behaved by the temporal lobes. During sleep, the brain/mind needs the nervous system behaved by the peripheral nervous system.

