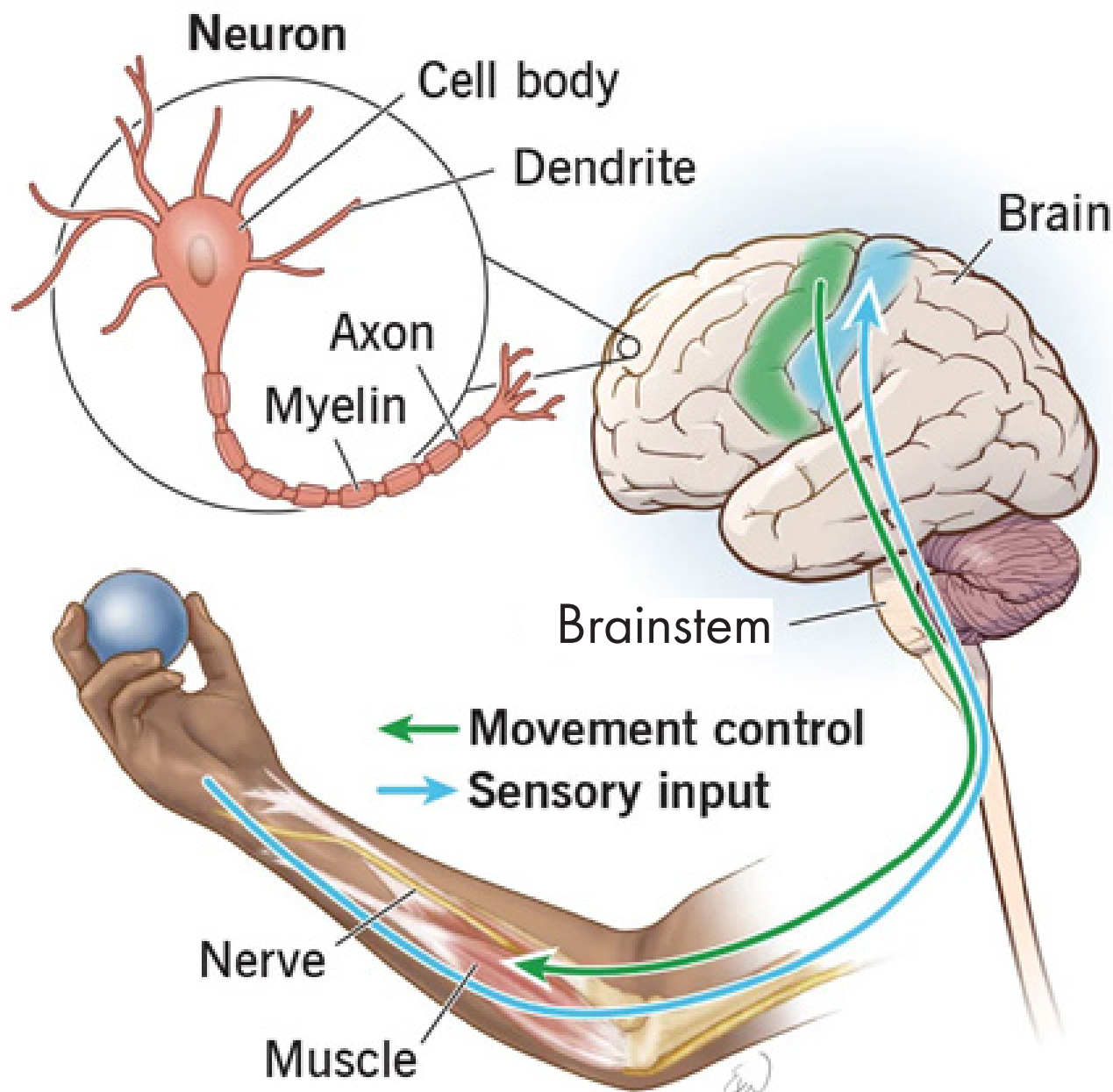


Somatic Nervous System



*The somatic nervous system.*¹⁷

The Autonomic Nervous System

The **autonomic nervous system** controls involuntary (or unconscious) responses to regulate all kinds of aspects of the brain and body. The name comes from the Greek word “autonomia,” meaning “independence,” which is apropos in that this system can function without conscious effort. Specifically, it regulates the functions of your internal organs; your smooth muscle, such as the kind found in the heart and other organs like the stomach; and