



SYMPTOMS AND BRAIN AROUSAL STATES

SYMPTOMS AND AROUSAL STATES	UNDER AROUSAL	OVER AROUSAL	UNSTABLE AROUSAL
Poor Sustained Attention	X		
Impulsive		X	
Easily Distracted		X	
Anxiety		X	
Depression	X		
Agitated Depression		X	
Anger		X	
Impatient		X	
Manic-Depressive Cycles			X
Panic Attacks			X
Sleep-Difficulty waking in A.M.	X		
Frequent Waking During Night	X		
Difficulty Falling Asleep		X	
Restless Sleep		X	
Nightmares		X	
Night Terrors			X
Poor Reading Comprehension	X		
Migraine			X
Tremor		X	
Poor Balance		X	
Poor Coordination		X	
Sugar Craving	X		
Fibromyalgia			X