



Glossary

Anabolism:	Constructive metabolism of the body.
Arousal:	A physiological and psychological state of being awake or reactive to stimuli.
Cognitive:	of, relating to or involving conscious mental activities.
Catabolism:	Metabolism involving the release of energy and resulting in the breakdown of complex materials.
Calories:	A unit of heat to indicate the amount of energy that foods will be produced in the human body.
Dysfunction:	The state of being unable to function in a normal way.
Insomnia:	Prolonged and usually abnormal inability to get enough sleep.
Metabolism:	The sum of the processes by which a particular substance is handled in the living body.
Rejuvenate:	To restore to an original or new state.
Stimulus:	Something that causes a change or a reaction.