

Mnemonics	Operands	Description	Operation	Flags	#Clocks
POP	Rd	Pop Register from Stack	Rd ← STACK	None	2
<b>MCU CONTROL INSTRUCTIONS</b>					
NOP		No Operation		None	1
SLEEP		Sleep	(see specific descr. for Sleep function)	None	1
WDR		Watchdog Reset	(see specific descr. for WDR/timer)	None	1
BREAK		Break	For On-chip Debug Only	None	N/A

Note: 1. These instructions are only available in ATmega168P and ATmega328P.