**Chapter 7: States of Consciousness**

**Study Guide**

**Consciousness and Information Processing**

* What school in psychology turned the focus away from a study of consciousness?
* Define consciousness?
* What is parallel processing

**Sleep and Dreams**

* Understand the different types of biological rhythms that influence us
	+ Annual cycles
	+ 24-hour cycles
	+ 90 minute sleep cycles
* How are our sleep and wakefulness patterns influenced by light?
* What is a hypnogogic state?
* What happens when you stay up late some nights and not others?
* Know what states of sleep/wakefulness are associated with alpha, beta, theta and delta waves
* What are the physiological changes present during REM sleep?
* When is dreaming most prevalent?
* What are some of the theories about the purpose of dreaming?
* How do sleep patterns (in terms of time spent in each stage) change throughout our night’s sleep?
* In which stage of sleep do we spend the most time?
* When does sleep talking occur? Sleepwalking?
* What role does deep sleep play in our health and development?
* What is insomnia? What are successful treatments?
* What are the physical effects of chronic sleep deprivation?
* Understand the other types of sleep disorders.
	+ Sleep apnea (know effects)
	+ Narcolepsy
	+ Nightmares
	+ Night terrors (when do these occur)
* Explain the activation-synthesis theory of dreaming
* Freudian dream theory
	+ Manifest Content
	+ Latent Content

**Hypnosis**

* Who is Franz Anton Mesmer?
* What is hypnosis?
* What is age regressions?
* How does hypnosis affect our memory?
* What is a posthypnotic suggestion?
* What is the social influence theory of hypnosis?
* What is divided-consciousness theory?

**Drugs and Consciousness**

* What is tolerance? What is the role of neuroadaptation?
* What are stimulants and what drugs fall into this category?
* What are depressants and what drugs fall into this category?
* What are hallucinogens and what drugs fall into this category?
* What are hallucinations?
* In addition to its properties, ecstasy has what other effects?
* What are the effects of cocaine?
* What happens to an addict who is unable to keep taking his or her drug of choice?
* Know the difference between physical and psychological dependence?

**Near-Death Experiences**

* What is a near death experience?
* What might be some of the explanations for the hallucination-like visions associated with near death experiences?
* What is the difference between monism and dualism?