II. States of Consciousness (2–4%)

Understanding consciousness and what it encompasses is critical to an appreciation of what is meant by a given state of consciousness. The study of variations in consciousness includes an examination of the sleep cycle, dreams, hypnosis, circadian rhythms, and the effects of psychoactive drugs

AP students in psychology should be able to do the following:

• Describe various states of consciousness and their impact on behavior.

• Discuss aspects of sleep and dreaming:

— stages and characteristics of the sleep cycle;

— theories of sleep and dreaming;

— symptoms and treatments of sleep disorders.

• Describe historic and contemporary uses of hypnosis (e.g., pain control, psychotherapy).

• Explain hypnotic phenomena (e.g., suggestibility, dissociation).

• Identify the major psychoactive drug categories (e.g., depressants, stimulants) and classify specific drugs, including their psychological and physiological effects.

• Discuss drug dependence, addiction, tolerance, and withdrawal.

• Identify the major figures in consciousness research (e.g., William James, Sigmund Freud, Ernest Hilgard).

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| **Term** | **Definition** |
| Consciousness |  |
| Levels of Awareness |  |
| Circadian Rhythm |  |
| Types of Sleep |  |
| Stages of Sleep |  |
| REM Sleep |  |
| Theories of Sleep |  |
| Theories of Dreams |  |
| Sleep Disorders |  |
| Hypnosis |  |

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| **Figure** | **Perspective** | **Research/Theory** |
| William James |  |  |
| Ernest Hilgard |  |  |