Chapter 5 States of Consciousness

**OUTLINE** (Survey & Question)

This outline is intended to help you *survey* the chapter. As you read through the various sections, write down any *questions* or comments that come to mind in the space provided. This is a valuable part of active learning and the SQ4R method. It not only makes your reading time more enjoyable and active, but it also increases retention and understanding of the material.

 **TOPIC NOTES**

##  I. UNDERSTANDING CONSCIOUSNESS

 A. How Do We Define It?

B. How Do We Describe It?

##  II. SLEEP AND DREAMS

1. The Power of Circadian Rhythms

1. Stages of Sleep

 C. Theories of Sleep and Dreaming

 Gender and Cultural Diversity: Variations and Similarities in Dreams

 Critical Thinking/Active Learning: Interpreting Your Dreams

D. Sleep Disorders

##  III. DRUGS THAT INFLUENCE CONSCIOUSNESS

 A. Understanding Drugs

 B. Depressants

C. Stimulants

 D. Opiates

1. Hallucinogens
2. Explaining Drug Use

 Research Highlight: Addictive Drugs as the Brain’s “Evil Tutor”

**IV. ADDITIONAL ROUTES TO ALTERNATE STATES**

1. Daydreams and Fantasies

B. Hypnosis

1. Meditation

 Gender and Cultural Diversity: Consciousness Across Cultures

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 **Core and Expanded LEARNING OBJECTIVES** (Read, Recite & wRite)

While *reading* the chapter, stop periodically and *recite* (or repeat in your own words) the answers to the following learning objectives. It will also help your retention if you *write* your answer in the space provided. (Page numbers refer to the text Psychology in Action, 6th Ed.)

**Core Learning Objectives**

*These objectives are found at the beginning of each chapter of Psychology in Action (6th ed.).*

1. How can we define and describe consciousness?

2. What happens to consciousness while we sleep and dream?

3. How do psychoactive drugs affect consciousness?

4. How do alternate states of consciousness, like hypnosis, affect consciousness?

Expanded Learning Objectives

*These objectives offer more detail and a more intensive way to study the chapter.*

**Upon completion of CHAPTER 5, the student should be able to:**

1. Define consciousness and alternate states of consciousness (ASCs); describe the various levels of awareness, including the difference between controlled and automatic processing (pp. 157-160).
2. Identify common myths about sleep (p. 161).
3. Define circadian rhythms; discuss the effects of disruptions in circadian rhythms (pp. 161-163).
4. Describe problems associated with sleep deprivation. Describe how EEGs, EMGs, and EOGs are used to study sleep (pp. 163-164).
5. Describe the various physical changes associated with each stage of sleep, including the REM stage and non-REM Stages 1, 2, 3, and 4 (pp. 164-167).
6. Discuss possible biological causes of sleep, and describe how the repair/restoration theory of sleep differs from the evolutionary/circadian theory (pp. 168-169).
7. State gender and cultural differences and similarities in dreaming (pp. 169-170).
8. Differentiate between the psychoanalytic, biological, and cognitive views of dreaming (pp. 1170-171).
9. Describe the five major sleep disorders: insomnia, sleep apnea, narcolepsy, nightmares, and night terrors (pp. 1172-174).
10. Define psychoactive drugs, drug abuse, addiction, psychological and physical dependence, and tolerance (pp. 174-177).
11. Define depressants; describe the effects of alcohol on the nervous system and behavior, and discuss why alcohol is a growing social concern (pp. 177-179).
12. Define stimulants; and describe the effects of nicotine and cocaine (pp. 178, 179-181).
13. Define opiates; and describe their effects on the nervous system and behavior (pp. 178, 181).
14. Define hallucinogens; and describe the effects of LSD and marijuana on the nervous system and behavior (pp. 178, 1181-183).
15. Briefly explain how drugs act as agonists and antagonists in the brain, and describe how psychoactive drugs can affect each of the four steps in neurotransmission (pp. 183-185).
16. Explain the major reasons people use and abuse drugs, and describe recent research regarding the importance of dopamine and glutamate on drug addiction (pp. 185-187).
17. Describe the purpose of daydreams and sexual fantasies (pp. 188).
18. Define hypnosis, and discuss five myths and controversies regarding its use. State how hypnosis is used today in medical and psychotherapy settings (pp. 188-190).
19. Define meditation, and discuss its potential benefits (pp. 190-191).
20. Discuss why there has been such a strong interest in alternate states of consciousness throughout history and across cultures; and explain the three major functions of ASCs for all cultures (pp. 191-192).

**KEY TERMS** (Review)

The *review* step in the SQ4R method is very important to your performance on quizzes and exams. Upon completion of this chapter, you should be able to define the following terms.

Activation-Synthesis Hypothesis: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Alternate States of Consciousness (ASCs): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Antagonist: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Automatic Processes: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Circadian Rhythms: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Consciousness: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Controlled Processes: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Depressants: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Designer Drugs: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Drug Abuse: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Evolutionary/Circadian Theory: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Hallucinogens: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Hypnosis: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Insomnia: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Latent Content: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Manifest Content: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Meditation: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Narcolepsy: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Nightmares: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Night Terrors: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Opiates: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Physical Dependence: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Psychoactive Drugs: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Psychological Dependence: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Rapid Eye Movement (REM) Sleep: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Repair/Restoration Theory: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Sleep Apnea: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Stimulants: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Tolerance: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Withdrawal: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**ACTIVE LEARNING EXERCISES** (Recite)

The *recite* step in the SQ4R method requires you to be an ACTIVE learner. By completing the following exercises, you will test and improve your mastery of the chapter material, which will also improve your performance on quizzes and exams. Answers to some exercises appear at the end of this study guide chapter.

**Active Learning Exercise I**

Using the following list of common dream themes, please place a check mark next to each one you have ever experienced.

\_\_\_\_1. Snakes

\_\_\_\_2. Seeing yourself as dead

\_\_\_\_3. Being nude in public

\_\_\_\_4. School, teachers, studying

\_\_\_\_5. Sexual experiences

\_\_\_\_6. Arriving too late

\_\_\_\_7. Eating

\_\_\_\_8. Being frozen with fright

\_\_\_\_9. Death of a loved person

\_\_\_10. Being locked up

\_\_\_11. Finding money

\_\_\_12. Swimming

\_\_\_13. Falling

\_\_\_14. Being dressed inappropriately

\_\_\_15. Being smothered

\_\_\_16. Trying repeatedly to do something

\_\_\_17. Fire

\_\_\_18. Failing an examination

\_\_\_19. Flying

\_\_\_20. Being attacked or pursued

Now compare your responses to those of 250 other college students:

1. 49% 2. 33% 3. 43% 4. 71% 5. 66% 6. 64% 7. 62% 8. 58% 9. 57% 10. 56% 11. 56% 12. 52 % 13. 83% 14. 46% 15. 44% 16. 71% 17. 41% 18. 39% 19. 34% 20. 77%

How did you compare? Do you think your responses might differ from others due to your age, gender, culture, or other variables? How? If you would like to read more about the “universality of dreams,” check out the following reference:

Griffith, R. M., Miyago, O., & Tago, A. (1958). The universality of typical dreams: Japanese vs. Americans. American Anthropologist, 60, 1173-1179.

**Active Learning Exercise II**

Distinguishing Fact from Opinion (A Cognitive Skill)

The topic of drugs often generates heated debate between people with different perspectives. When discussing controversial issues, it is helpful to make a distinction between statements of fact and statements of opinion. (A fact is a statement that can be proven true. An opinion is a statement that expresses how a person feels about an issue or what someone thinks is true.) Although it is also important to determine whether the facts are true or false, in this exercise simply mark "O" for opinion and "F" for fact to test your ability to distinguish between the two:

\_\_\_\_\_1. Marijuana is now one of America's principal cash crops.

\_\_\_\_\_2. Friends don't let friends drive drunk.

\_\_\_\_\_3. People who use drugs aren't hurting anyone but themselves.

\_\_\_\_\_4. Legalizing drugs such as cocaine, marijuana, and heroin would make them as big a

 problem as alcohol and tobacco.

\_\_\_\_\_5. The number of cocaine addicts is small compared with the number of alcoholics.

\_\_\_\_\_6. The American Medical Association considers alcohol to be the most dangerous of all

 psychoactive drugs.

\_\_\_\_\_7. Random drug tests are justified for personnel involved with public safety (e.g., air traffic

 controllers, police officers, etc.).

\_\_\_\_\_8. If parents use drugs, their children are more likely to use drugs.

\_\_\_\_\_9. Mothers who deliver cocaine-addicted babies are guilty of child abuse.

\_\_\_\_10. Alcohol abuse by pregnant mothers is one of the most important factors in mental

 retardation.

ANSWERS: Because answers may vary, we recommend discussing your responses with classmates and friends. Listening to the reasons others give for their answers often provides valuable insights and help in distinguishing between fact and opinion. (Adapted from Bach, 1988.)

**CHAPTER OVERVIEW** (Review)

The following CHAPTER OVERVIEW provides a narrative overview of the main topics covered in the chapter. Like the Visual Summary found at the end of each chapter in the text, this narrative summary provides a final opportunity to *review* chapter material.

**I*.* Understanding Consciousness**

Most of our lives are spent in normal, waking **consciousness***,* an organism’s awareness of its own self and surroundings*.* However, we also spend considerable time in various **alternate states of consciousness (ASCs),** such as sleep and dreaming, daydreams, sexual fantasies, chemically induced changes from psychoactive drugs, hypnosis, and meditation. Consciousness has always been difficult to study and define. William James described it as a “flowing stream.” Modern researchers emphasize that consciousness exists along a continuum. **Controlled processes**, which require focused attention, are at the highest level of awareness. **Automatic processes**, which require minimal attention, are found in the middle of the continuum. Unconsciousness and coma are at the lowest level of awareness.

II. Circadian Rhythms and Stages of Sleep

**Circadian rhythms** affect our sleep and waking cycle so that disruptions due to shift work, jet lag, and sleep deprivation can cause serious problems. A typical night's sleep consists of four to five 90-minute cycles. The cycle begins in Stage 1 and then moves through Stages 2, 3, and 4. After reaching the deepest level of sleep, the cycle reverses up to the **REM** (rapid eye movement) state where the person often is dreaming.

III. Theories of Sleep and Dreaming

The exact function of sleep is not known, but according to the **repair/restoration theory**, it is thought to be necessary for its restorative value, both physically and psychologically. According to **evolutionary/circadian theory** it also has adaptive value. Sleep seems to be controlled by several neurotransmitters and by various areas of the brain.

Three major theories attempt to explain why we dream: The psychoanalytic/psychodynamic view says dreams are disguised symbols of repressed anxieties and desires. The biological (**activation-synthesis hypothesis**) perspective argues that dreams are simple by-products of random stimulation of brain cells. The cognitive view suggests that dreams are an important part of *information processing* of everyday experiences.

##### IV. Sleep Disorders

Many people suffer from numerous sleep problems, which fall into two major diagnostic categories—*dyssomnias* (including insomnia, sleep apnea, and narcolepsy) and *parasomnias* (such as nightmares and night terrors). People who have repeated difficulty falling or staying asleep, or awakening too early experience **insomnia***.* A person with **sleep apnea** temporarily stops breathing during sleep, causing loud snoring or poor quality sleep. **Narcolepsy** is excessive daytime sleepiness characterized by sudden sleep attacks. **Nightmares** are bad dreams that occur during REM sleep. **Night terrors** are abrupt awakenings with feelings of panic that occur during non-REM sleep.

##### V. Drugs and Consciousness

Psychoactive drugs change conscious awareness or perception. Drug abuse refers to drug taking that causes emotional or physical harm to the individual or others, whereas addiction is a broad term referring to a person’s feeling of compulsion to use a specific drug. Psychoactive drug use can lead to psychological dependence or physical dependence or both. **Psychological dependence** is a desire or craving to achieve the effects produced by a drug. **Physical dependence** is a change in bodily processes due to continued drug use that results in **withdrawal** symptoms when the drug is withheld. **Tolerance** is a physiological process whereby the user needs larger and more frequent doses of a drug to produce the desired effect.

The major categories of psychoactive drugs are **depressants, stimulants, opiates,** and **hallucinogens**. Depressant drugs slow the central nervous system, whereas stimulants activate it. Opiates numb the senses and relieve pain, whereas hallucinogens produce sensory or perceptual distortions.

Drugs act primarily by changing the effect of neurotransmitters in the brain. Drugs that act as **agonists** mimic neurotransmitters, whereas **antagonists** oppose or block normal neurotransmitter functioning. There are many reasons for drug use and abuse, which fall into the two main categories of environment and biology.

##### VI. Additional Routes to Alternate States

Daydreaming and sexual fantasies are common forms of mild ASCs. They serve many functions—primarily positive. **Hypnosis** is an alternate state of heightened suggestibility characterized by relaxation and intense focus. Hypnosis has been used to reduce pain and increase concentration, and as an adjunct to psychotherapy. **Meditation** is a group of techniques designed to focus attention and produce heightened awareness. Meditation can produce dramatic changes in physiological processes, including heart rate and respiration.

Although the study of consciousness has waxed and waned among psychologists, the public has historically been very interested---particularly in ASCs. Among peoples of all cultures, ASCs (1) are part of sacred rituals, (2) serve social interaction needs, and (3) provide individual rewards.

 **SELF-TESTS** (Review & wRite)

Completing the following SELF-TESTS will provide immediate feedback on how well you have mastered the material. In the *crossword puzzle* and *fill-in exercises*, write the appropriate word or words in the blank spaces. The *matching exercise* requires you to match the terms in one column to their correct definitions in the other. For the *multiple-choice questions* in Practice Tests I and II, circle or underline the correct answer. When you are unsure of any answer, be sure to highlight or specially mark the item and then go back to the text for further review. Correct answers are provided at the end of this study guide chapter.


## Crossword Puzzle for Chapter 5



ACROSS

 2 Biological changes that occur on a 24-hour cycle. (Circa = about and dies = day)

 8 Discomfort and distress, including physical pain and intense cravings, experienced after stopping the use of addictive drugs.

 12 A chemical (or drug) that mimics the action of a specific neurotransmitter.

 13 Drug taking that causes emotional or physical harm to the drug user or others.

 16 A sleep disorder in which a person has persistent problems in falling asleep or staying asleep or awakens too early.

 18 An organism's awareness of its own self and surroundings (Damasio, 1999). Consciousness is always about something. It concerns perceptions (of objects and events), thoughts (including verbal thought and mental images, such as dreams and daydreams), feelings, and actions (Farthing, 1992).

 21 The true, unconscious meaning of a dream, according to Freudian dream theory.

 23 Psychoactive drugs that act on the central nervous system to suppress or slow bodily processes and reduce overall responsiveness.

 24 Abrupt awakenings from non-REM sleep accompanied by intense physiological arousal and feelings of panic.

 25 Mental activities found at one extreme of the continuum of awareness; they require focused attention and generally interfere with other ongoing activities.

##### DOWN

 1 A decreased sensitivity to a drug brought about by its continuous use.

 3 A chemical (or drug) that opposes or blocks the action of a neurotransmitter.

 4 A group of techniques designed to focus attention and produce a heightened state of awareness.

 5 A disease marked by sudden and irresistible onsets of sleep during normal waking hours. (Narco = numbness, lepsy = seizure)

 6 Drugs that produce sensory distortions or perceptual distortions.

 7 The surface content of a dream, containing dream symbols that distort and disguise the true meaning of the dream, according to Freudian dream theory.

 9 Mental activities requiring minimal attention; other ongoing activities are generally not affected.

 10 A temporary cessation of breathing during sleep; one of the suspected causes of

 11 Chemicals that affect the nervous system and cause a change in behavior, mental processes, and conscious experience.

 14 A stage of sleep marked by rapid eye movements, high-frequency brain waves, and dreaming.

 15 An alternate state of heightened suggestibility characterized by relaxation and intense focus.

 17 Illicitly manufactured variations on known recreational drugs.

 19 Drugs that are derived from opium and function as an analgesic or pain reliever. The word opium derives from the Greek word meaning juice.

 20 Drugs that act on the brain and nervous system, to increase their overall activity and general responsiveness.

 22 Anxiety-arousing dreams that generally occur near the end of the sleep cycle, during REM sleep.

**FILL-IN EXERCISES**

1. \_\_\_\_\_\_\_\_ is generally defined as an organism’s awareness of its own self and surroundings (p. 158).
2. A mental state other than ordinary waking consciousness, such as sleep, dreaming, or hypnosis, is known as \_\_\_\_\_\_\_\_ (p. 158).
3. Mental activities that require focused attention, while generally interfering with other ongoing activities are known as \_\_\_\_\_\_\_\_ (p. 160).
4. REM sleep is also called \_\_\_\_\_\_\_\_ sleep because the brain is aroused and active, yet the sleeper’s muscles are deeply relaxed and unresponsive (p. 166).
5. According to the \_\_\_\_\_\_\_\_ theory, sleep serves an important recuperative function, whereas the \_\_\_\_\_\_\_\_ theory suggests sleep is a part of circadian rhythms and evolved as a means to conserve energy and protect individuals from predators (p. 168).
6. The major sleep disorders include \_\_\_\_\_\_\_ (difficulty falling and staying asleep or awakening too early), \_\_\_\_\_\_\_ (temporary cessation of breathing during sleep), \_\_\_\_\_\_\_ (sudden and irresistible onsets of sleep during normal waking hours, \_\_\_\_\_\_\_\_ (anxiety-arousing dreams that generally occur during REM sleep), and \_\_\_\_\_\_\_\_ (abrupt awakenings from non-REM sleep with feelings of panic) (pp. 172-174).
7. \_\_\_\_\_\_\_\_ drugs affect the nervous system and cause a change in behavior, mental processes, and conscious experience (p. 175).
8. \_\_\_\_\_\_\_\_ refers to the mental desire or craving to achieve the effects produced by a drug; whereas \_\_\_\_\_\_\_\_\_ involves modifications of bodily processes requiring use of the drug for minimal functioning (p. 176).
9. \_\_\_\_\_\_\_\_ drugs act on the brain and nervous system to increase overall activity and responsiveness; whereas \_\_\_\_\_\_\_\_ drugs suppress or slow down bodily processes (pp. 177, 179).
10. An alternate state of heightened suggestibility characterized by relaxation and intense focus is known as \_\_\_\_\_\_\_\_ (p. 188).

## MATCHING EXERCISES

Column A Column B

1. Circadian Rhythms 1.\_\_\_\_ Mental activities requiring minimal attention.
2. Biological View 2.\_\_\_\_ Stage of sleep marked by rapid eye movements.
3. Sleep Apnea 3.\_\_\_\_ Surface content of a dream.
4. Drug Abuse 4.\_\_\_\_ Temporary cessation of breathing during sleep.
5. Automatic Processes 5.\_\_\_\_ Mental state other than ordinary waking consciousness.
6. Cognitive View 6.\_\_\_\_ Causes emotional or physical harm to drug user or others.
7. REM sleep 7.\_\_\_\_ Dangerous stimulant.
8. Cocaine 8.\_\_\_\_ Information processing theory of dreams.
9. Manifest Content 9.\_\_\_\_ Biological changes that occur on a 24-hour cycle.
10. ASCs 10.\_\_\_\_ Activation-synthesis hypothesis of dreaming.

**PRACTICE TEST I**

1. \_\_\_\_\_ is an organism’s awareness of its own self and surroundings.
	1. Awareness
	2. Consciousness
	3. Alertness
	4. Central processing
2. \_\_\_\_\_ processes are mental activities that require minimal attention, without affecting other activities
	1. Controlled
	2. Peripheral
	3. Conscious
	4. Automatic
3. This is **NOT** one of the major reasons many cultures support the use of alternate states of consciousness.
	1. to seek spiritual enlightenment
	2. to facilitate social interactions
	3. to escape from stress and anxiety
	4. to heal unconscious wounds inflicted by societal taboos
4. Biological rhythms that occur on a 24-hour cycle are called \_\_\_\_\_.
	1. circadian rhythms
	2. synchronisms
	3. diurnal circuits
	4. nocturnal transmissions
5. \_\_\_\_\_ waves are associated with drowsy relaxation.
	1. Alpha
	2. Beta
	3. Theta
	4. Delta
6. With regard to sleep, research suggests that \_\_\_\_\_ is nature’s first need.
	1. REM sleep
	2. non-REM sleep
	3. dreaming
	4. hypnogogic sleep
7. The \_\_\_\_\_ theory says that sleep allows us to replenish what was depleted during daytime activities.
	1. repair/restoration
	2. evolutionary/circadian
	3. supply-demand
	4. conservation of energy
8. \_\_\_\_\_ developed the theory that dreams are a coherent synthesis of random, spontaneous neuron activity.
	1. Freud
	2. Hobson and McCarley
	3. Watson and Skinner
	4. Maslow
9. Insomnia occurs when you persistently \_\_\_\_\_.
	1. have difficulty staying awake
	2. go to sleep too early
	3. awake too early
	4. all of these options
10. \_\_\_\_\_ is a disease marked by sudden and irresistible onsets of sleep during normal waking hours.
	1. Dyssomnia
	2. Parasomnia
	3. Narcolepsy
	4. Sleep apnea
11. \_\_\_\_\_ are chemicals that affect the nervous system and cause a change in behavior, mental processes, and conscious experience.
	1. Endocrinologists
	2. Psychoactive drugs
	3. Alternators
	4. Bio-neural drugs
12. A chemical that blocks the action of a neurotransmitter is called a(n) \_\_\_\_\_.
	1. synaptic inhibitor
	2. antagonist
	3. alternator
	4. receptor-blocker
13. A mental desire or craving to achieve the effects produced by a drug is known as \_\_\_\_\_.
	1. withdrawal effects
	2. dependency
	3. psychological dependence
	4. physical dependence
14. Requiring larger and more frequent doses of a drug to produce a desired effect is characteristic of \_\_\_\_\_.
	1. withdrawal
	2. tolerance
	3. psychoactive dependence
	4. all of these options
15. According to the American Medical Association, the drug that is the most dangerous and physically damaging is \_\_\_\_\_.
	1. cocaine
	2. nicotine
	3. alcohol
	4. heroin
16. Which of the following drugs is a central nervous system stimulant?
	1. amphetamine
	2. alcohol
	3. heroin
	4. barbiturates
17. Which of the following is **NOT** classified as a hallucinogen?
	1. mescaline
	2. psilocybin
	3. amphetamines
	4. LSD
18. Marijuana is classified in your text as a \_\_\_\_\_.
	1. narcotic
	2. hallucinogen
	3. barbiturate
	4. LSD derivative
19. This is **NOT** associated with hypnosis.
	1. the use of imagination
	2. broad, unfocused attention
	3. a passive, receptive attitude
	4. decreased pain
20. Research on the effects of meditation has found a(n) \_\_\_\_\_.
	1. increase in blood pressure
	2. reduction in stress
	3. lack of evidence for changes in any physiological functions
	4. increase in appetite

**PRACTICE TEST II**

1. \_\_\_\_\_ processing can help us concentrate on more important tasks but can also lead to health or relationship problems.
	1. Controlled
	2. Unconscious
	3. Automatic
	4. Autonomic
2. Most people spend almost \_\_\_\_\_ hours daydreaming in a 24-hour day.
	1. 3
	2. 5
	3. 8
	4. 12
3. Which of the following is a parasomnia?
	1. narcolepsy
	2. nightmares
	3. sleep apnea
	4. parental insomnia
4. EEG is the abbreviation for \_\_\_\_\_, which is used to record brain waves.
	1. electrical emissions graph
	2. electroencephalograph
	3. electro-energy grams
	4. even elephants get grumpy
5. Your breathing is regular, your heart rate and blood pressure are slowing, and you can be awakened easily. It is most likely that you are in \_\_\_\_\_.
	1. a hypnogogic transition between wakefulness and sleep
	2. a daydreaming state
	3. Stage 1 sleep
	4. Stage 2 sleep
6. Which of the following is **NOT** characteristic of REM sleep?
	1. irregular breathing
	2. eyes moving back and forth
	3. dreaming
	4. low-frequency brain waves
7. \_\_\_\_\_ drugs act on the brain and nervous system to increase overall activity and responsiveness.
	1. Stimulants
	2. Opiates
	3. Depressants
	4. Hallucinogens
8. \_\_\_\_\_ drugs produce sensory distortions or perceptual illusions.
	1. Opiate
	2. Narcotic
	3. Expensive
	4. Hallucinogens
9. Narcolepsy is characterized by sudden episodes of \_\_\_\_\_.
	1. nightmares in Stage 1 sleep
	2. REM sleep in the middle of wakeful periods
	3. epileptic seizures during Stage 4 sleep
	4. not being able to breathe during any stage of sleep
10. This is **NOT** a characteristic of night terrors.
	1. occurrence during non-REM sleep
	2. panicky feelings
	3. imbedded within a pleasant dream
	4. intense physiological arousal
11. Drugs that are derived from the Greek word meaning “juice” and function as an analgesic are called \_\_\_\_\_.
	1. parsomnias
	2. insulin
	3. opiates
	4. nicotine
12. Alcohol can cause a coma or death when it reaches a level equal to or greater than \_\_\_\_\_.
	1. .1%
	2. .5%
	3. .75%
	4. .90%
13. Physical damage, severe addiction, and psychological dependence are all associated with the use of \_\_\_\_\_.
	1. cocaine
	2. Prozac
	3. antipsychotic medication
	4. all of these options
14. Jake uses this drug to relax and achieve a state of euphoria. Jaime uses the same drug as an analgesic. Jeremiah uses the drug to feel more content, and to make his experience of reality more pleasant. All three may experience life-threatening side effects with this drug.
	1. cocaine
	2. opiates
	3. a sedative
	4. lithium
15. Marijuana is a hard drug to classify because it \_\_\_\_\_.
	1. has properties of a depressant and an opiate
	2. in low doses it produces mild euphoria
	3. in hig does it may produce hallucinations, delusions, and distortions of body image
	4. all of these options
16. Some drugs, called receptor \_\_\_\_\_, have a molecular structure very similar to that of the body’s own neurotransmitters.
	1. antagonists
	2. parasomniacs
	3. catalysts
	4. agonists
17. Dopamine and glutamate are two neurotransmitters implicated in \_\_\_\_\_.
	1. drug-induced amnesia
	2. the arousing effects of most drugs
	3. the lowering of inhibitions under the influence of drugs
	4. drug addiction
18. According to this model, deeply relaxed people with heightened suggestibility will allow a hypnotist to direct their fantasies and behavior.
	1. altered state theory
	2. suggestibility hypothesis
	3. relaxation/role-playing theory
	4. guided visualization explanation
19. Meditation is designed to \_\_\_\_\_.
	1. decrease attentional focus
	2. decrease your state of awareness
	3. decrease focus by increasing awareness
	4. focus attention and heighten awareness
20. Ninety percent of 488 societies surveyed by Bourguignon reported that they \_\_\_\_\_.
	1. ban the use of non-medicinal psychoactive drugs
	2. practice institutionally-recognized methods of altering consciousness
	3. have severe drug-addiction problems
	4. regulate the use of hypnosis, meditation, and other non-medical methods of altering consciousness

**ANSWERS**

The following answers to active learning exercises, fill-ins, matching exercises, and practice tests 1 and 2 provide immediate feedback on your mastery of the material. Try not to simply memorize the answers. When you are unsure of your “guess” or make an error, be sure to go back to the textbook and carefully review. This will greatly improve your scores on classroom exams and quizzes.

FILL-IN EXERCISES

1. consciousness; 2. alternate states of consciousness (ASCs); 3. controlled processing;

4. paradoxical; 5. repair/restoration, evolutionary/circadian; 6. insomnia, sleep apnea, narcolepsy, nightmares, night terrors; 7. Psychoactive; 8. psychological dependence, physical dependence; 9. stimulants, depressants; 10. hypnosis.

MATCHING EXERCISES

a. 9, b. 10, c. 4, d. 6, e. 1, f. 8, g. 2, h. 7, i. 3, j. 5.

CROSSWORD PUZZLE FOR CHAPTER 5



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| --- | --- |
| PRACTICE TEST I1. b (p. 158) 11. b (p. 175)2. d (p. 160) 12. b (p. 183)3. d (pp. 192) 13. c (p. 176)4. a (p. 162) 14. b (p. 176)5. a (p. 165) 15. c (p. 179)6. b (p. 167) 16. a (p. 179)7. a (p. 168) 17. c (p. 181)8. b (p. 170) 18. b (p. 182)9. c (p. 172) 19. b (p. 188)10.c (p. 174) 20. b (p.191) | PRACTICE TEST II1. c (p. 160) 11. c (p. 181)2. c (p. 188) 12. b (p. 177)3. b (p. 174) 13. a (p. 181)4. b (p. 164) 14. b (p. 181)5. c (p. 165) 15. d (p. 182)6. d (p. 166) 16. d (p. 185)7. a (p. 179) 17. d (p. 186)8. d (p. 181) 18. c (p. 189)9. b (p. 174) 19. d (p. 190)10.c (p. 174) 20. b (p. 191) |