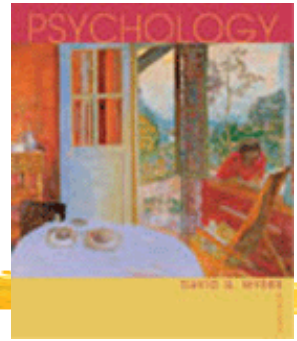
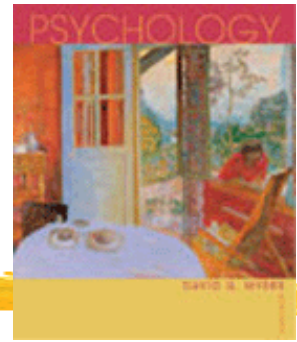


# Sleep Deprivation

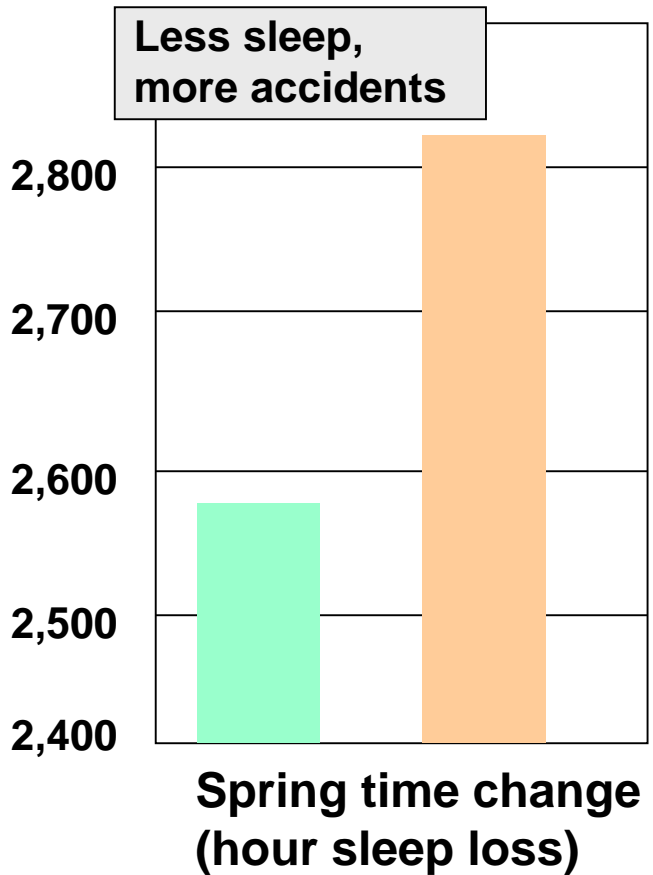


- Effects of Sleep Loss
  - fatigue
  - impaired concentration
  - depressed immune system
  - greater vulnerability to accidents

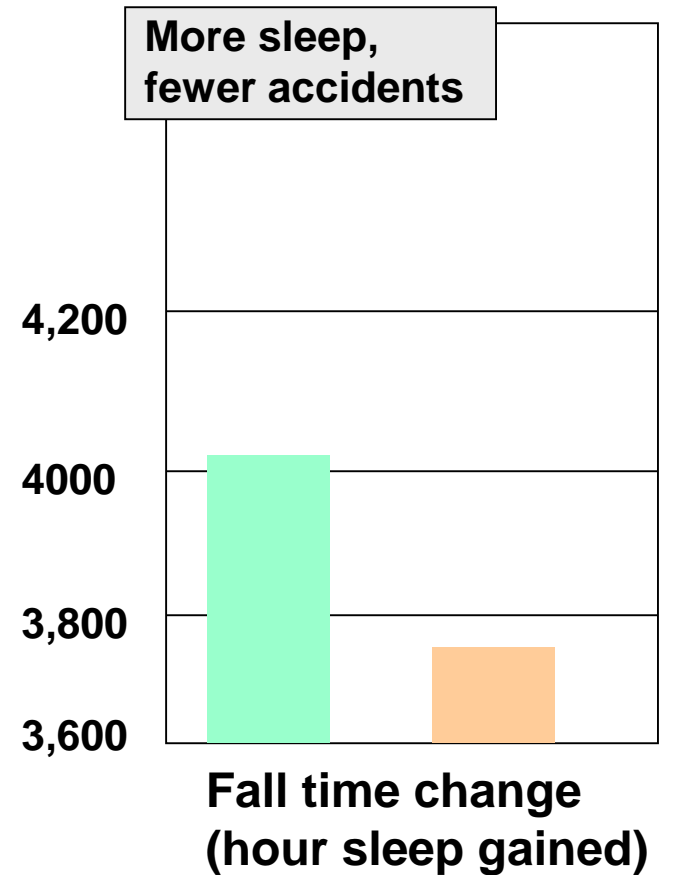
# Sleep Deprivation



Accident frequency

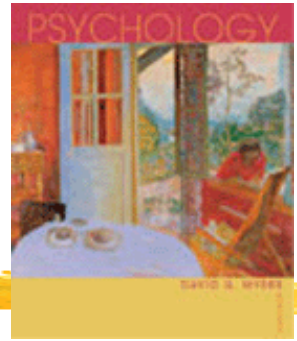


Monday before time change



Monday after time change

# Sleep Disorders



- Insomnia
  - persistent problems in falling or staying asleep
- Narcolepsy
  - uncontrollable sleep attacks

# More Sleep Disturbances



- Sleepwalking (Somnambulism): Occurs in NREM sleep during Stages 3 and 4
- Sleep talking: Speaking while asleep; occurs in NREM sleep
- Sudden Infant Death Syndrome (SIDS; Crib Death): Sudden, unexplained death of healthy infant (infants should sleep on back or on side to try to prevent)

# Even More Sleep Disturbances



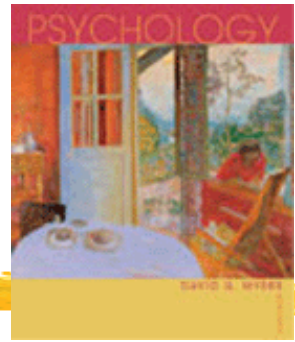
- Nightmares: Bad dreams
  - Occur during REM sleep
  - May occur once or twice a month; brief and easily (unfortunately) remembered
  - Imagery Rehearsal: Mentally rehearse the changed dream before you go to sleep again; may help to eliminate nightmares

# Physiological Sleep Problems

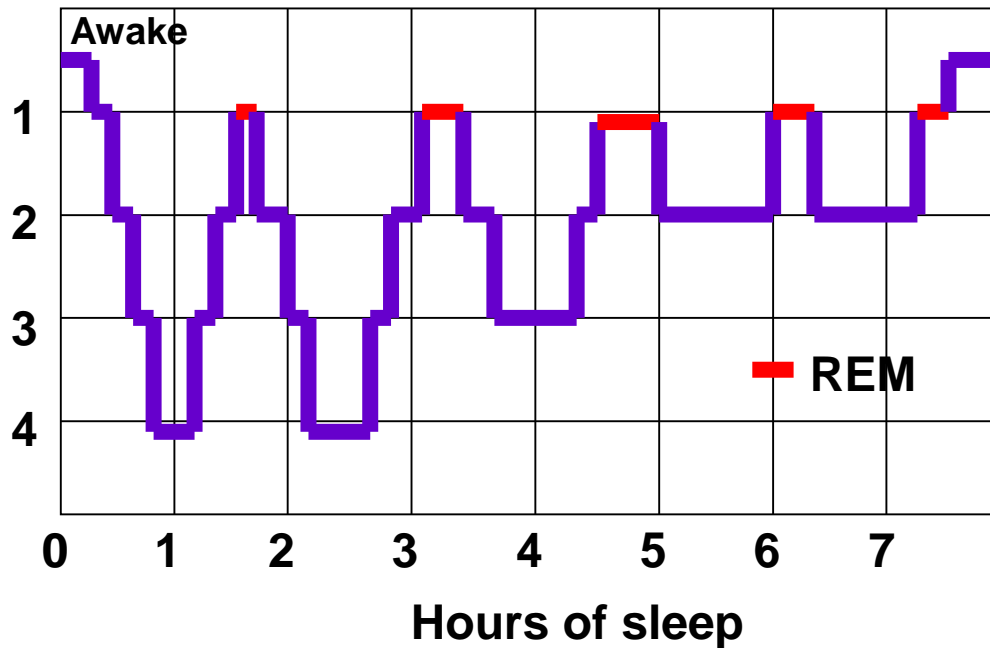


- Sleep Apnea: Interrupted breathing during sleep; cause of very loud snoring
  - Hypersomnia: Extreme daytime sleepiness
  - Apnea can be treated by
    - Surgery
    - Weight loss
    - Breathing mask

# Night Terrors and Nightmares



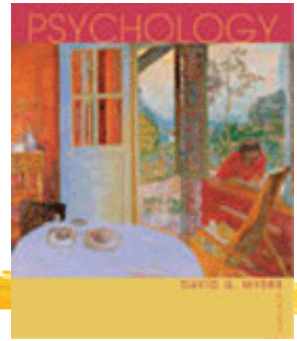
Sleep stages



## Night Terrors

- occur within 2 or 3 hours of falling asleep, usually during Stage 4
- high arousal-- appearance of being terrified
- Total panic and hallucinations may occur

# Hypnosis



- Hypnosis

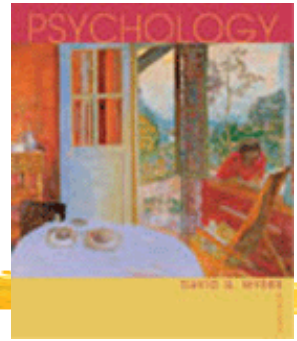
- a social interaction in which one person (the hypnotist) suggests to another (the subject) that certain perceptions, feelings, thoughts, or behaviors will spontaneously occur

- Posthypnotic Amnesia

- supposed inability to recall what one experienced during hypnosis
- induced by the hypnotist's suggestion

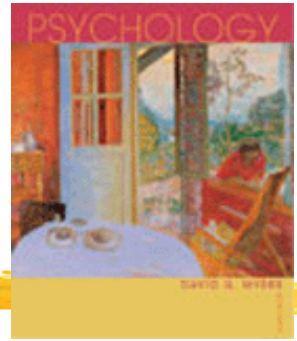


# Hypnosis



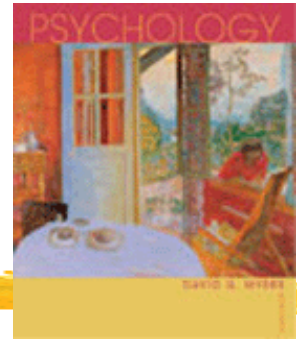
- Posthypnotic Suggestion
  - suggestion to be carried out after the subject is no longer hypnotized
  - used by some clinicians to control undesired symptoms and behaviors

# Hypnosis



- **Dissociation**
  - a split in consciousness
  - allows some thoughts and behaviors to occur simultaneously with others
- **Hidden Observer**
  - Hilgard's term describing a hypnotized subject's awareness of experiences, such as pain, that go unreported during hypnosis

# Explaining Hypnosis



Attention is diverted  
from an aversive odor.  
How?

**Divided-consciousness  
theory:**  
hypnosis has caused a  
split in awareness



**Social influence  
theory:**  
the subject is so caught  
up in the hypnotized role  
that she ignores the  
odor

# Meditation

- A self-directed practice for calming the mind

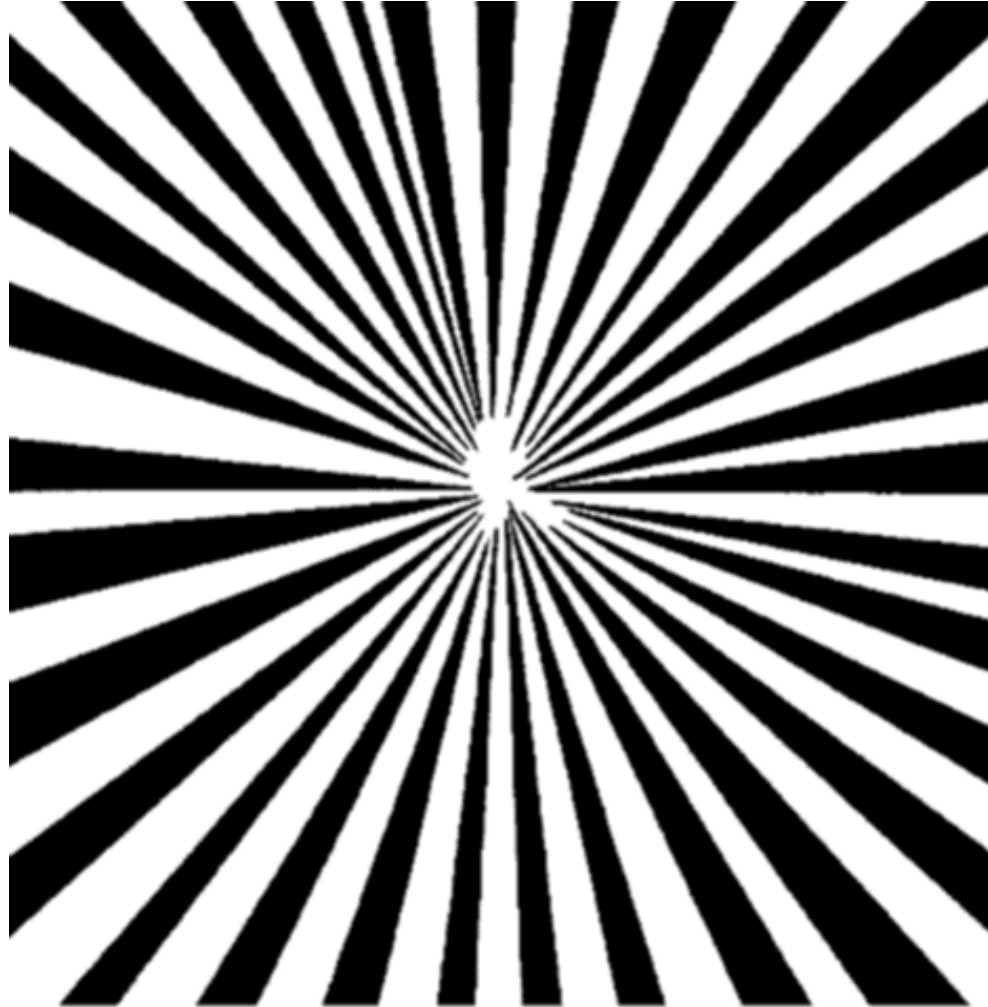
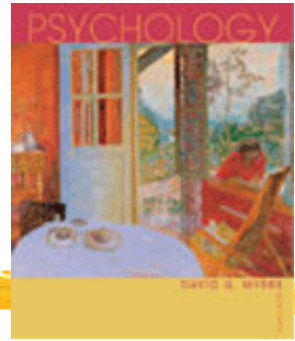


# Meditation

- Increased relaxation of body
- Better awareness of body and concentration
- Heart rate decreases
- Blood pressure and cardiovascular risk reduced

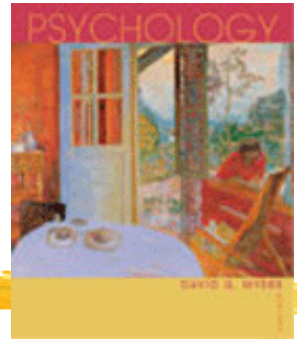


# Near-Death Experiences



- Near-Death Experience
  - an altered state of consciousness reported after a close brush with death
  - often similar to drug-induced hallucinations

# Near-Death Experiences



## ■ Dualism

- the presumption that mind and body are two distinct entities that interact

## ■ Monism

- the presumption that mind and body are different aspects of the same thing