

Honors Psychology Consciousness Foldable

- **Materials Needed:**

- ✓ 1 12x18 piece of construction paper
- ✓ 18 rectangular strips to fit inside the pockets (can print from next slide)
- ✓ Notes from Module 15 (Pages 203-222)
- ✓ Coloring utensils
- ✓ Scissors
- ✓ Glue/ or Stapler

- **Directions:**

1. Fold a 12x18 (construction paper) into four equal columns.
2. Fold the bottom of the sheet about 4 inches up.
3. Glue/Staple both ends of the sheet so that it becomes a pocket holder.
4. Cut out 18 rectangular strips.
5. Label each of the four categories on the folded pocket. Then insert the number of strips into the pockets as follows:
 - A. Stages of Sleep (5 strips)
 - B. Sleep & Deficits (6 strips)
 - C. What do we Dream (2 strips)
 - D. Why do we Dream (5 strips)

- **Each strip needs a definition/explanation and a colored picture**

- **Titles are in bold and the strip information is below**

- **Stages of Sleep (5)**

- Stage 1
- Stage 2
- Stage 3
- Stage 4
- REM

- **Sleep & Deficits (6)**

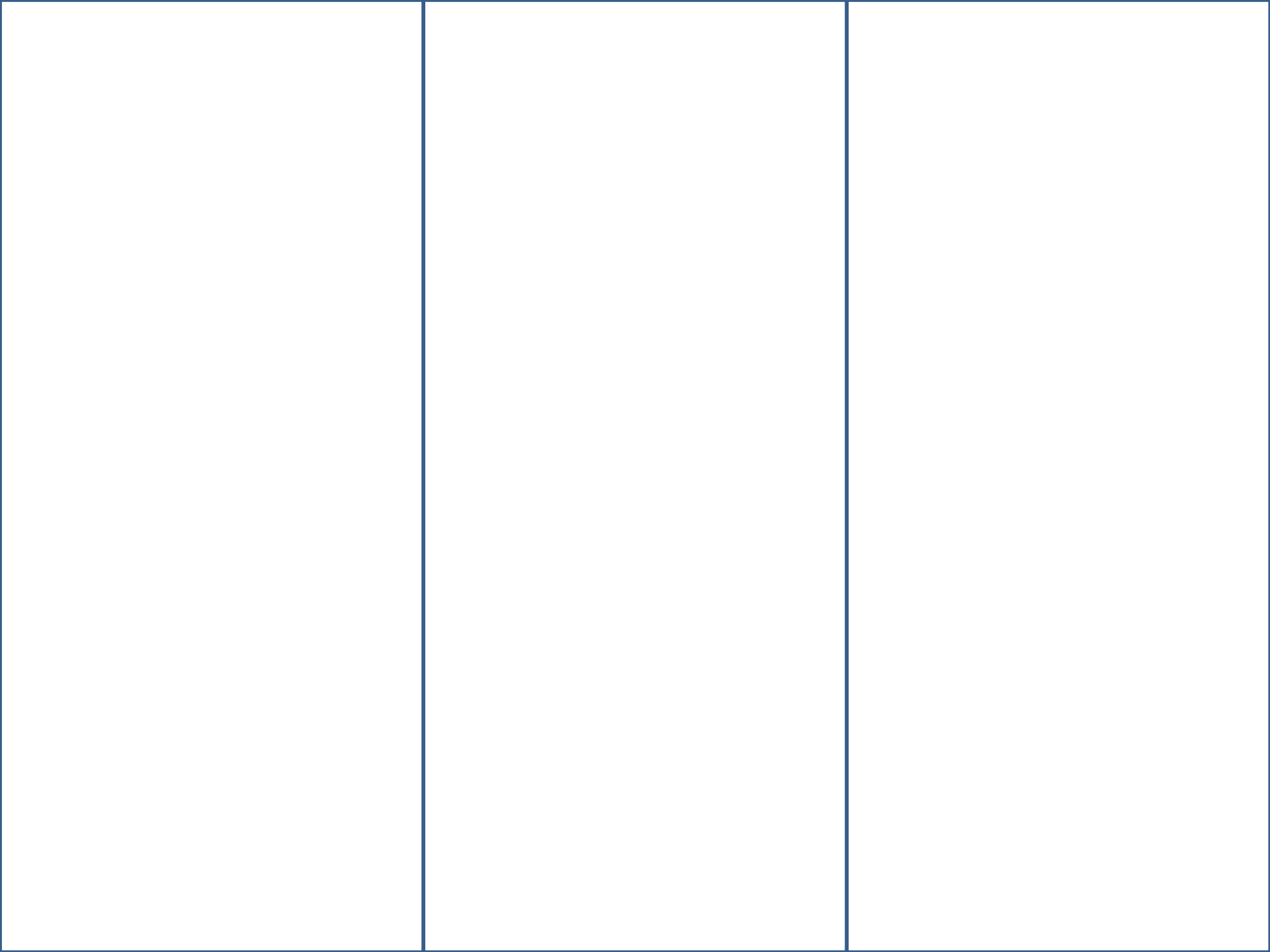
- Why we sleep
- Sleep deprivation effects
- Sleep Apnea
- Sleepwalking/Sleep talking
- Narcolepsy
- Other sleep disorders

- **What do we Dream (2)**

- Dream and Lucid Dreams
- Topics of Dreams and Manifest Content

- **Why do we Dream / Sleep**

- Wish fulfillment
- Information Processing
- Physiological Functions
- Activation Synthesis
- Cognitive Development



Example Foldable

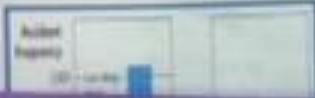
Stage 1

Stage 1. Feel cell drifting on the edge of consciousness

- > Can experience hallucinations
- > Breathing is slowed
- > Brain waves become irregular
- > It is easy to wake the person, who will insist they are not asleep

Sleep Deprivation Effects

- > Decreases efficiency of immune system functioning
- > Safety and accident issues
 - > Contributes to hypertension, impaired concentration, irritability, etc.



What do we Dream?



1. Negative Emotional Content: 8 out of 10 dreams have negative emotional content



2. Failure Dreams: People commonly dream about failure, being attacked, pursued, rejected, or struck with disaster



3. Sexual Dreams: Contrary to our thinking, sexual dreams are sparse. Sexual dreams to men are 1 in 10 and to women 1 to 20

Why do we dream?

-Cognitive Development: Some researchers argue that we dream as a part of brain maturation and cognitive development



Stages of Sleep

-The first 4 stage takes about 30-40 minutes

-Normal sleep cycle:
1 2 3 4 3 2 REM

Sleep & Deficits

- A normal sleep schedule is key to a healthy life
- Sleep deprivation is the condition of not having enough sleep and can be either chronic or acute
- A chronic sleep-restricted state can cause fatigue, poor health, and lead to sleep disorders

What do we Dream?

- We spend about six years of our life in dreams
- If you live to be 90 years old, you will have spent roughly 30 years of your life dreaming

Why do we Dream?

- Dream theorists have proposed several possible explanations of why we dream
- In depth research is needed to explore each theory, explanation, and critical consideration