UNIT 5 – STATES OF CONSCIOUSNESS
PERCENT ON AP EXAM – 2-4%

TERMS YOU MUST KNOW
Circadian Rhythms
Hypnosis
REM Sleep
Stimulants
Consciousness
Insomnia
Psychoactive Drugs
Hallucinogens
Narcolepsy
Tolerance
Depressants
Latent Content
Manifest Content
Sleep Apnea
Opiate
Activation Synthesis Hypothesis
Meditation
Physical Dependence

IMPORTANT PEOPLE
- Ernest Hilgard – hidden observer
- Sigmund Freud – unconscious drives your dreams

CONFUSING PAIRS
- Alpha Waves (occur stage 1 of sleep) v. Delta Waves (occur stages 3 and 4 of sleep)
- Nightmare (occurs in REM of sleep can be remembered) v. Night Terror (occurs in stages 3 or 4 of sleep)

TERMS STUDENTS MAKE MISTAKES ON
- Alpha Waves – stage 1 of sleep
- Theta Waves – stage 2 of sleep
- Delta Waves – stages 3 and 4 of sleep
- Beta Waves – while you are awake
- Sleep Spindles – during the beginning of stage 2 (burst of brain activity)
- K-Complex – at the end of stage 2 (large event)
- Sleep Cycles Length – each cycle lasts about 90 minutes (1, 2, 3, 4, 3, 2, REM)
- Nightmares – REM sleep (you can remember them)
- Night Terrors – stages 3 or 4 (little kids)
- REM Sleep – Rapid Eye Movement, when dreams occur
- NREM Sleep – all sleep not REM
- Alcohol – Is a depressant no matter how much you consume
- Depressants – suppress central nervous system (Alcohol, Opiates, etc.)
- Hallucinogens – causes false sensory information (Marijuana, Mushrooms, etc.)
- Stimulants – raise central nervous system activity (caffeine, cocaine, etc.)
States of Consciousness

Consciousness

- Definition

Sleep

- Why we need it (stay healthy, memory consolidation)
- Circadian rhythm
- Temperature changes (goes down as we prepare for sleep, rises as we wake)
- Babies / teens need more sleep & more Stage 4
  Sleep than other age groups (growth)
- Sleep stages (awake = alpha waves);
  Stage 1 = relaxation, feeling of falling;
  Theta
  Stage 2 = sleep spindles;
  Stage 3 = deeper sleep; Delta
  Stage 4 + deep sleep – sleepwalking, sleep talking, wetting the bed, night terrors; Delta
  REM = dreaming, paradoxical sleep, more as the night goes on
- REM rebound
- Sleep disorders: sleep apnea, insomnia, narcolepsy
- Purpose of REM

Dreams

- Manifest & Latent dream content
- Night terrors (stage 4) vs. Nightmares (REM)

Hypnosis

- Power of suggestion
- Recovered memories = fact & fiction
- Dissociation
- Hidden observer (Hilgard) – seems to experience normal consciousness
- Social Influence Theory
- Posthypnotic suggestion

Drugs

- Psychological & physical dependence
- Alcohol is always a depressant
- Category and Effects of: cocaine, heroin, caffeine, amphetamines, marijuana, nicotine, LSD
- Tolerance