

Ch. 5: States of consciousness

 per. 5
 11-14-11

essential Question:
 What are the diff.
 states of
 consciousness? & How
 do they affect you?

***Cognition** - mental processes

• **Spontaneously**: daydreaming, drowsiness, & dreaming

• **physiologically induced**: hallucinations, orgasm, food or oxygen starvation

• **psychologically induced**: sensory deprivation, hypnosis, meditation

How is our body in
 a deep sleep?

• our conscious awareness is one part of the dual processing that goes on in our two-track minds (Ch. 3b)

• our **Selective attention** directs the spotlight of our awareness

Sleep & dreams:
 Why do we need it?

• even when in a deep sleep, your perpetual window is not completely shut.

• When we are asleep, as when we are awake, we process most info. outside of our conscious awareness

*While sleeping, how does
 your body & mind correspond
 to one another? *

• Dreaming does not correspond to your movement as you sleep.

• Over varying time periods, our bodies fluctuate w/ our minds

Biological Rhythms
 & Sleep.

Circadian Rhythm

↳
 [The rhythm of the day parallels the rhythm of life - from waking to sleeping]

• Thinking is sharpest & memory most accurate

Summary:
 psychological
 the most
 usually

There are different types of states of consciousness, some include obviously the normal one where you are awake and aroused (not sexually, only ~~awake~~ meaning alert), then there is the sleep state and the drug & hypnosis states.

What are the Sleep Stages?

- 11.14.11
- when we are at our daily peak in circadian arousal
- Bright light in the morning tweaks the circadian clock by activating light sensitive retinal proteins; light at night delays sleep
 - Every 90 minutes, we pass through a cycle of 5 distinct sleep stages.
 - As the hours grow late, you feel sleepy & yawn in response to reduced brain metabolism
 - During stage 1, you may experience fantastic images, resembling hallucinations. (falling or floating weightlessly)
 - Sleep spindles (bursts of rapid, rhythmic brain wave activity) occur for about 20 minutes in stage 2
 - Beginning in stage 3 but increasing in stage 4, your brain emits large slow delta waves
 - It is at the end of stage 4 (deep sleep) when children wet the bed or sleepwalk.
 - 20% of 3-12 yr. olds have at least one episode of 2-10 min. of sleepwalking
 - After an hour of when you first sleep (NREM), you enter your normal sleep drive, REM (rapid-eye-movement).

What is REM sleep?

- During this, your heart rate rises, breathing becomes rapid and irregular, & every half minute or so, your eyes dart around in a momentary burst of activity behind closed lids.
- During very scary dreams, your genitals

Summary:

is the sleep state. There are 4 stages of sleep, some where you are in a deep sleep some in REM & NREM, & some where you