

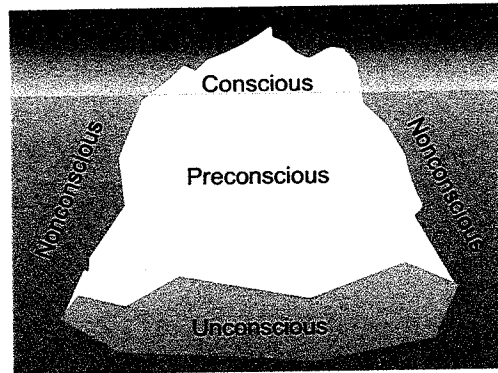
CHAPTER 5 ONE-PAGER

States of Consciousness

Wakefulness
Daydreaming
Sleep
Dreaming
Hypnosis
Meditation
Drug-altered

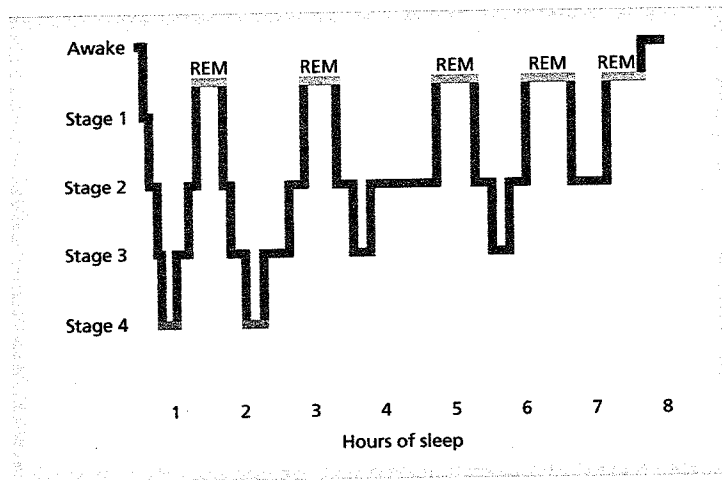
Consciousness (in all states) **restricts** our attention, provides a place to **combine** sensation with memory, emotions, motives, etc., and allows us to create a mental model of the world we can **manipulate**

Levels of Conscious & Nonconscious Mind



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SLEEP



3 significant features of normal sleep

1. Occurs in about 90 minute cycles
2. Occurrence of deepest sleep near the beginning of the night
3. The increase in REM duration as sleep progresses

Benefits of REM

- To conserve energy
- Aids mental functioning (memory & problem solving)
- To restore the body/ recuperate
- To build "neural nets" and flush out useless information from the brain/ flush out toxins
- Damaged brain cells get repaired during sleep
- Might help us grow

DREAMS

Dreams as meaningful events –

*Varies by culture, gender, and age, Frequently connects with recent experience, May help us form memories, **Manifest** – storyline of dream, **Latent** – symbolic meaning of the dream*

Activation-synthesis theory –

Theory that dreams begin with random electrical activation coming from brain stem; dreams are brain's attempt to make sense of this random activity

SLEEP DISORDERS

Insomnia	Trouble falling asleep and staying asleep (1/3 of Americans)
Narcolepsy	Sudden onset of REM sleep accompanied by cataplexy (sudden paralysis)
Sleep Apnea	Stop breathing in sleep (up to 500 times a night) until sympathetic nervous system kicks in
SIDS	Sudden infant death syndrome – stop breathing due to underdeveloped central nervous system
Sleepwalking	Occurs in stage 4; person may look awake, but is really asleep
Night terrors	NOT associated with dreaming; occurs in stage 4

HYPNOSIS

Induced state of altered awareness, characterized by heightened suggestibility and deep relaxation

Some people have the special ability to respond to suggestion with dramatic changes in perception, memory, motivation, and sense of self-control

Hypnotizability – Degree to which an individual is responsive to hypnotic suggestions



MEDITATION

Form of consciousness change induced by focusing on a repetitive behavior, assuming certain body positions and minimizing external stimulation

- Many use it to seek spiritual enlightenment and increase self-knowledge and well-being
- Meditation produces frontal lobe changes that are associated with positive emotions
- Meditation can lower blood pressure & stress hormones and it reduces anxiety

DRUGS

Physical dependence = caused by repeated usage that changes body chemistry

Psychological dependence = a pattern of habitual or compulsive use of a drug in order to satisfy a psychological need

Psychoactive drugs – Chemicals that affect mental processes and behavior by their effects on the nervous system

Most impair the brain mechanisms that help us make good decisions

The most widely abused drugs – stimulants – all stimulate the brain's "reward circuits"

Category of Drugs	Commonly Used Drugs in Category	Description
Hallucinogens	Mescaline, Psilocybin (mushrooms), LSD, PCP, Cannabis	Alter perceptions of the external environment and inner awareness; also called psychedelics
Opiates	Morphine, Heroin, Codeine, Methadone	Highly addictive; produce a sense of well-being and have strong pain-relieving properties; all made from opium poppy
Stimulants	Amphetamines, Methamphetamine, MDMA (ecstasy), Cocaine, Nicotine, Caffeine	Arouse the central nervous system, speeding up mental and physical responses (work on sympathetic NS)
Depressants	Barbiturates, Benzodiazepines, Alcohol, Rohypnol (date rape drug), tranquilizers	Slow down mental and physical activity by inhibiting transmission of nerve impulses in the central nervous system