Unit 4: Study Guide
States of Consciousness

In this unit, students are introduced to research information on different states of consciousness. A key is understanding consciousness and what it encompasses. An emphasis is on the REM and nREM stages of sleep, including examining sleep disorders. We will also learn about hypnosis, meditation, biofeedback, substances, and daydreaming.

CR5: The course provides instruction in states of consciousness

Text: Chapter 7 (pp. 271 – 310)
Student Resources: Flashcards from text [www.worthpublishers.com/myers8e]
Nat’l sleep foundation [www.sleepfoundation.org/]
To Sleep, No Doubt to Dream, Forty Studies, pp. 41 – 47

Timeline:
2 days

An emphasis on
• Sleep and Dreaming
• Hypnosis
• Psychological and Physical Addictions
• (2 – 4 % of multiple choice)

Key Terms
Consciousness
Cortisol, Melatonin
Cycles Entrainment
Twilight State
Hallucinations
Alpha Waves
Insomnia
Sleep Apnea
SOMNOLOQUY (Sleep Talking)
Latent Content
Hidden Observer Posthypnotic
Dissociation
Withdrawal
Psychological Dependence
Barbiturates
Ecstasy
Near-Death Experience
Adaptive Non-Responding Theory
Chronobiology
Circadian Rhythms
Social Entrainment
Night Terrors
Sleep Deprivation
Theta Waves
Hypersomnia
Incubus Attacks
Dream
R.E.M. Rebound
Anamnesia
Psychoactive Drug
Physical Dependence
Stimulants
Opiates
LSD
Memory Consolidation Theory
Biological Rhythms
free Running
Restorative Theory
R.E.M. (Paradoxical Sleep)
Delta Waves
Narcolepsy
Somnambulism (Sleep Walking)
Manifest Content
Posthypnotic Suggestion
Tolerance
Hallucinogens
Amphetamines
THC

Key People
William Dement
J. Allan Hobson and Robert W. McCarley
Eugene Aserinsky and Nathaniel Kleitman*
Martin Orne and Frederick Evans
Sigmund Freud*
Ernest Hilgard
Anton Mesmer*

A. All dreams are the fulfillment of wishes
B. The EEG helped us discover REM which is A-OK!
C. Look into my eyes and you’ll see my “animal magnetism”
D. Nate and Gene gave me sleep info that I’m currently expanding on
E. Hypnosis can cause us to divide our awareness of external stimuli
F. Put your hand in the acid. Woa, you really did it!
G. We synthesize that REM activates random visual memories
**Myers’ Psychology Text Reading Guide Questions**

**Unit 4: States of Consciousness**

**Pages 271 – 289**
1. Differentiate Biological Rhythms from Circadian Rhythms.
3. Understand the various sleep disorders, including sleepwalking, nightmares, and night terrors.
4. What are lucid dreams, manifest content, and latency content?

**Pages 290 – 310**
* Notes provided for the kids
1. What was the role of Anton Mesmer in the development of hypnosis?
2. Differentiate psychological from physical dependence.
3. Regarding depressants, stimulants, and hallucinogens: how do each effect neural activity? Provide three examples of each.
4. Distinguish Dualism from Monism in the mind-body connection.

**Pages 473 – 493**
1. Identify role of metabolism, taste preferences, and hunger in biological motives.
2. What were the roles of Alfred Kinsey and Masters & Johnson in the understanding of sexual motivation?
3. What are the four stages of the sexual response cycle?

**Pages 495 – 510**
1. Differentiate job, career, and calling.
2. What is achievement motivation and flow?
3. Distinguish task leadership from social leadership. Theory X from Theory Y leaders.
4. What is ostracism?

**Pages 513 – 531**
1. What is the role of the brain’s amygdala in our emotions?
2. What is two-factor theory?
3. What was Paul Ekman’s study about emotions?
Learning Outcomes (from the Myers text – Chapter 7: States of Consciousness)

1. Discuss the history of psychology’s study of consciousness, and contrast conscious and unconscious information processing.
2. Distinguish four types of biological rhythms, and give an example of each.
3. Describe the cycle of our circadian rhythm, and identify some events that can disrupt this biological clock.
4. List the stages of the sleep cycle, and explain how they differ.
5. Explain why sleep patterns and duration vary from person to person.
6. Discuss several risks associated with sleep deprivation.
7. Identify four theories of why we sleep.
8. Identify the major sleep disorders.
9. Describe the most common content of dreams.
10. Compare the major perspectives on why we dream.
11. Define hypnosis, and note some similarities between the behavior of hypnotized people and that of motivated unhypnotized people.
12. Discuss the characteristics of people who are susceptible to hypnosis, and evaluate claims that hypnosis can influence people’s memory, will, health, and pain perception.
13. Give arguments for and against hypnosis as an altered state of consciousness.
15. Discuss the nature of drug dependence, and identify three common misconceptions about addiction.
16. Name the main categories of psychoactive drugs, and list three ways these substances can interfere with neurotransmission in the brain.
17. Explain how depressants affect nervous system activity and behavior, and summarize findings on alcohol use and abuse.
18. Identify the major stimulants, and explain how they affect neural activity and behavior.
19. Describe the physiological and psychological effects of hallucinogens, and summarize the effects of LSD and marijuana.
20. Discuss the biological, psychological, and social-cultural contributions to drug use.
21. Describe the near-death experience and the controversy over whether it provides evidence for a mind-body dualism.