States of Consciousness

Objectives
1. Define consciousness and describe its functions and structures.
2. Discuss the controversies related to the proposed existence of an “unconscious mind.”
3. Describe the cycles of and states that comprise the circadian rhythm.
4. Describe the stages and cycle of sleep and the unique physiological states associated with sleep stage.
5. Define the term “REM.”
6. Discuss the problems of sleep debt and sleep disorders.
7. Define “hypnosis” and describe some of its practical applications.
8. Define meditation.

Essential Questions:
1. What is the nature of consciousness?
2. What are the cycles of everyday consciousness?
3. What other forms can consciousness take?

Core Concepts:
1. The brain creates consciousness when it combines external stimulation with internal experience.
2. Consciousness changes in cycles that normally correspond to our biological rhythms and to the patterns of our environment.
3. An altered state of consciousness occurs when some aspect of normal consciousness is modified by mental, behavioral, or chemical means.

Psychology in Your Life:
1. Sleep disorders: Insomnia, sleep apnea, narcolepsy, and daytime sleepiness can be hazardous to your health – and perhaps even to your life.
2. Drug dependence and addiction: Psychoactive drugs alter brain chemistry, and they can produce physical or psychological addiction. But is addiction a disease or a character flaw?
Unit 5: Consciousness

Vocabulary

1. Consciousness
2. Non-REM sleep
3. night terrors
4. Cognitive Neuroscience
5. sleep cycle
6. narcolepsy
7. Conscious and Nonconscious processes
8. EEG patterns
9. cataplexy
10. PET scans
11. REM rebound
12. Hypnosis
13. Mental rotation
14. sleep debt
15. Meditation
16. Preconscious
17. Freud’s Dream Theory
18. Hallucinogens
19. Unconscious
20. manifest content
21. opiates
22. Daydreaming
23. latent content
24. depressants
25. Circadian rhythms
26. activation-synthesis dream theory
27. stimulants
28. REM sleep
29. Insomnia
30. physical dependence
31. Sleep paralysis
32. Sleep Apnea
33. psychological dependence