**States of Consciousness**

Understanding consciousness and what it encompasses is critical to an appreciation of what is meant by a given state of consciousness. The study of variations in consciousness includes an examination of the sleep cycle, dreams, hypnosis, circadian rhythms, and the effects of psychoactive drugs.

Topics:

2.5 Influence of Drugs on Neural Firing

2.8 The Adaptable Brain

2.9 Sleeping and Dreaming

Learning Targets:

* Discuss the influence of drugs on neurotransmitters.
* Describe various states of consciousness and their impact on behavior.
* Identify the major psychoactive drug categories (e.g., depressants, stimulants) and classify specific drugs, including their psychological and physiological effects.
* Discuss drug dependence, addiction, tolerance, and withdrawal.
* Identify the major figures in consciousness research.
* Discuss aspects of sleep and dreaming.

**Vocabulary for Flashcards**

*Chapter 5, Section 1: Understanding Consciousness, pages 152-156*

1. Consciousness
2. Altered state of consciousness (ASC)
3. Selective attention
4. Inattentional blindness
5. Controlled processes
6. Automatic processes

*Chapter 5, Section 2: Understanding Sleep and Dreams, pages 157-167*

1. Circadian rhythm
2. Suprachiasmatic nucleus (SCN)
3. Melatonin
4. Jet lag
5. Rapid-eye-movement (REM) sleep
6. Non-rapid-eye-movement (NREM) sleep
7. Hypnagogic hallucinations
8. Myoclonic jerks
9. Adaptation/protection theory of sleep
10. Repair/restoration theory of sleep
11. Growth/development theory of sleep
12. Learning/memory theory of sleep
13. Wish-fulfillment view of dreams
14. Latent content of dreams
15. Manifest content of dreams
16. Activation-synthesis theory of dreams
17. Cognitive view of dreams
18. Insomnia
19. Narcolepsy
20. Sleep apnea
21. Sleepwalking
22. Sleep talking
23. Nightmares
24. Sleep terrors

*Chapter 5, Section 3: Psychoactive Drugs, pages 168-176*

1. Psychoactive drugs
2. Agonist
3. Antagonist
4. Drug abuse
5. Addiction
6. Psychological dependence
7. Physical dependence
8. Withdrawal
9. Tolerance
10. Depressants
11. Stimulants
12. Opiates/opioids
13. Hallucinogens
14. Club drugs

*Chapter 5, Section 4: Meditation and Hypnosis, pages 176-179*

1. Meditation
2. Hypnosis

*Test Date: September 16th*