

Psychology 101
STUDY GUIDE

STATES OF CONSCIOUSNESS

1. Define an "altered state of consciousness (ASC)".
2. Explain the variability in sleep requirements among humans
3. Outline the differences between the 4 stages of sleep and physiological processes associated with each including brain wave names and patterns, somnambulism and hypnic jerk and their relationship to the sympathetic and parasympathetic nervous system
4. Differentiate between REM and NREM sleep
5. Identify the stages of sleep at which dreaming and nightmares occur
6. Explain "ATONIA", microsleep, narcolepsy
7. Give the definition and explain causes and treatment(s) of two types of insomnia, sleep apnea and SIDS
8. Outline physiological and psychological problems associated with sleep-deprivation
9. Differentiate among the four theories about why humans dream
10. Define hypnosis, list four uses for hypnosis, and discuss myths about behavior while hypnotized
11. Outline five patterns of abuse of substances
12. Differentiate among tolerance, physical dependence, withdrawal and psychological dependence
13. Explain the physiological impact of impact of "uppers" and "downers"
14. List the three steps and physical manifestations in the development of a drinking problem