What Is Consciousness?
- Consciousness:
- Daydreaming:
- Altered state of consciousness:

The Rhythms of Life
- Biological rhythm:
- Ultradian rhythm:
- Infadian rhythm:
The Rhythms of Life

- **Circadian rhythms:**

The Rhythms of Life

- **Chronobiology:**
- Suprachiasmatic nucleus (SCN):
- Body temp:

The Circadian Rhythm of Body Core Temperature
A major breakthrough in the study of sleep was the observation of...

Electroencephalograph (EEG):

Polysomnograph:

Non-REM sleep:

Slow Wave sleep:

Rapid eye movement (REM) sleep:
The Study of Sleep

- Common sense tells us that we sleep to restore our fatigued bodies; however, this notion is difficult to reconcile with certain facts.
- Microsleeps:
- REM rebound:
- The purpose of REM sleep:

The Study of Sleep

- Sleep disorders range from annoying to life-threatening and can be divided into three categories: insomnia, hypersomnias, and parasomnias.
- **Insomnia:**

The Study of Sleep

- Sleep specialists also classify insomnia as either acute or chronic.
- Short-term or acute insomnia:
- Long-term or chronic insomnia:
The Study of Sleep

- Sleeping pills:
- The stimulus control method—used for sleep-onset insomnia—is:
- People with sleep-onset insomnia are instructed to:

The Study of Sleep

- Hypersomnias:
- Narcolepsy:

The Study of Sleep

- Sleep apnea:
- 2 types of Sleep Apnea:
- Epworth Sleepiness Scale:
  http://www.umn.edu/sleep/epworth_sleept.htm
The Study of Sleep

- Parasomnias:
- Sleepwalking:
- Enuresis (bedwetting):
- Sleep terrors (also called night terrors):

Dreams:
- Dream recall:
- Interference:

According to Sigmund Freud…
- Manifest content:
- Latent content:
The Study of Sleep

- The activation-synthesis hypothesis:

Hypnosis

- Hypnosis and Franz Anton Mesmer...
- Hypnosis:

Age regression:

Past-life regression:
Hypnosis

- According to the cognitive-social view of hypnosis, the phenomena we label hypnotic occur when…
- Another explanation, offered by Ernest Hilgard, suggests that dissociation…

Altering Consciousness with Drugs

- Psychoactive substances:
- Every year, surveys of high school seniors provide statistics on the percentage that use various drugs.

Altering Consciousness with Drugs

- Substance abuse:
- Substance dependence, popularly called addiction:
- Tolerance:
- Withdrawal:
  - A common denominator in drugs of abuse…
Altering Consciousness with Drugs

- **Depressants:**
- **Alcohol:**

Consequences of long-term heavy consumption of alcohol:
- Delirium tremens (DTs):
- Korsakoff’s syndrome:

Drinking patterns vary among different populations within our society:
- Gender:
- Age:
Altering Consciousness with Drugs

- **Barbiturates:**

Altering Consciousness with Drugs

- **Stimulants:**

Altering Consciousness with Drugs

- **Amphetamines:**
Altering Consciousness with Drugs

- Cocaine:

Altering Consciousness with Drugs

- Methamphetamine:

Altering Consciousness with Drugs

- Methyleneoxymethamphetamine (MDMA):
Altering Consciousness with Drugs

- **Caffeine**:
- **Nicotine**:

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- **Opiates** or opioids:
- **Narcotic analgesics** (or just narcotics)
- **Analgesia**:
  - Opiates are highly addictive and potentially dangerous.

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- **Hallucinogens** (aka psychedelic drugs):
Altering Consciousness with Drugs

- Lysergic acid diethylamide (LSD):
- Phencyclidine piperidine (PCP):

Marijuana: