

Chapter 5- **Consciousness**

**SSPBF2: The student will
compare different states
of consciousness.**

Consciousness

Consciousness



Awareness
of things
inside and
outside
ourselves

Related to Consciousness



- Sleeping
- Dreaming



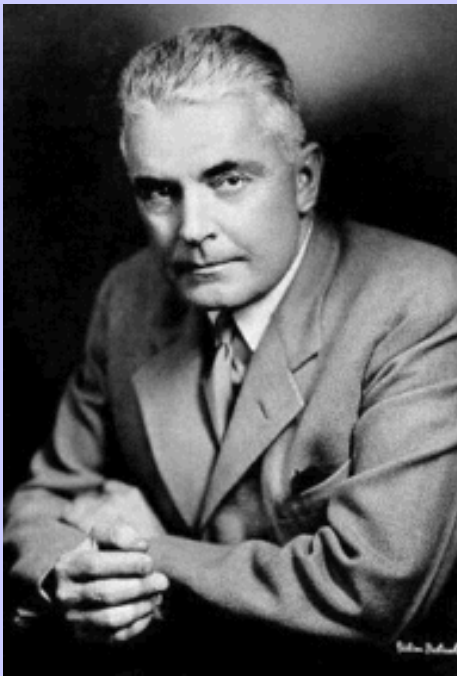
There are several altered states of consciousness

- Such examples of Altered states of consciousness are:
- Hypnotic trance
- Or under the influence of certain drugs.





**William James and
John Watson...both
behaviorists
believed that
consciousness was
something that was
not calculated into
data.**

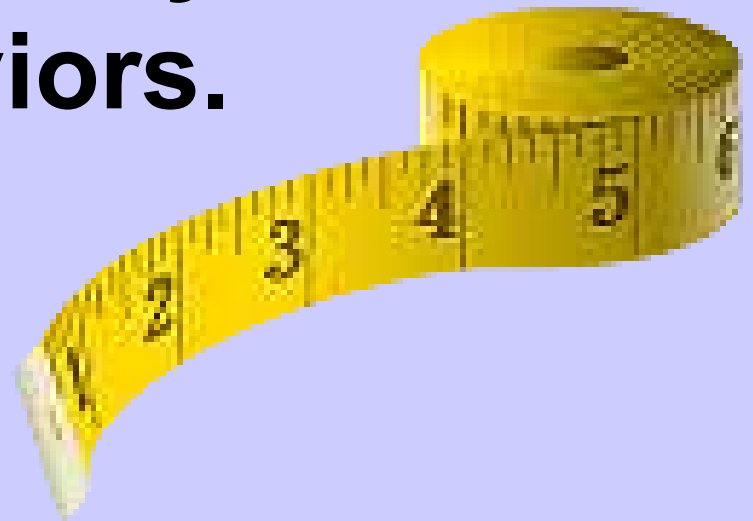


**So, consciousness
should not be part
of psychology.**

Watson and James

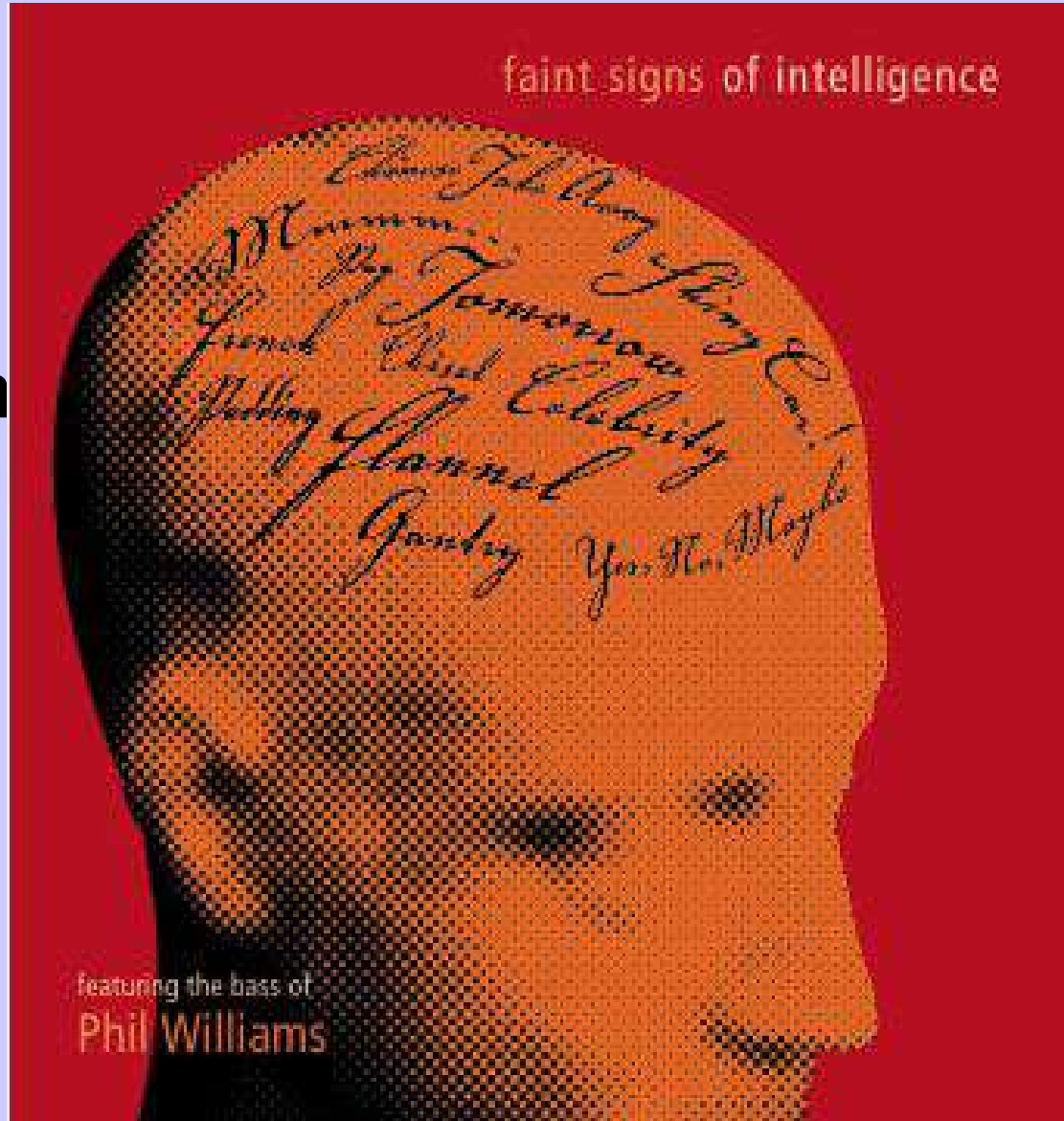
They both agreed that
consciousness was something
that could not be measured .
They would only study
observable behaviors.

Consciousness is
a construct.



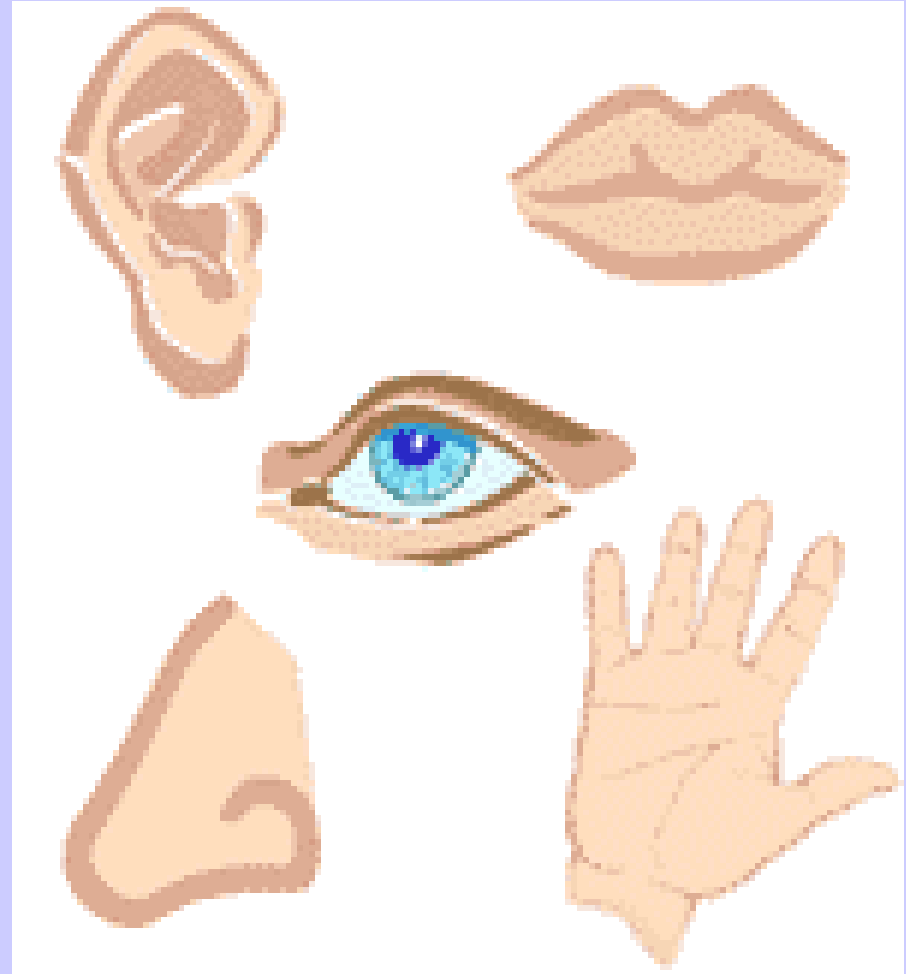
Psychology is a Construct?

A construct is a concept used to talk about something we cannot see, touch or measure directly. Two other types of constructs are intelligence and emotion.



Meanings of Consciousness (3)

**Consciousness as
a Sensory
awareness-** ability
to be aware of the
things outside of
yourself. This
requires you to use
your senses
(environment)



Example?



- **Cool breeze enters a sweltering room.**
- **Bright colors**
- **Loud noises**
- **Sharp pains**

Consciousness as a direct inner Awareness

Awareness of
things inside of
yourself.

Good example
would be
memories,
images, or
emotions

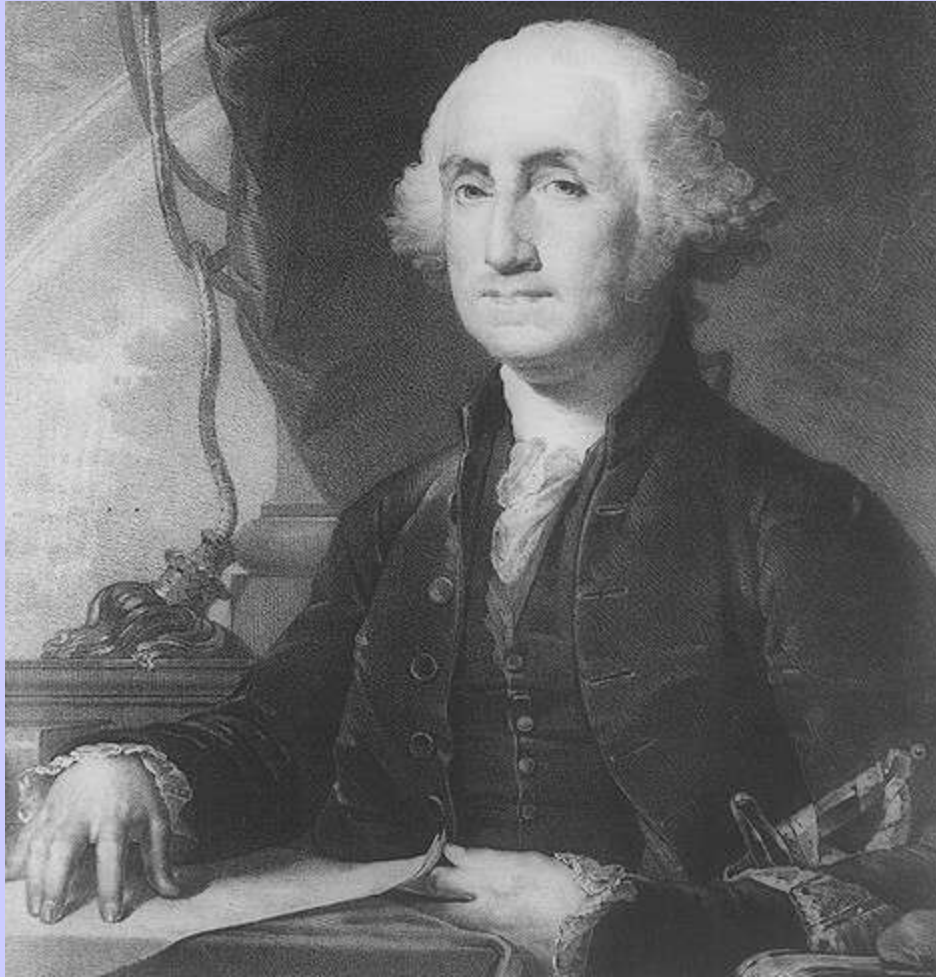


Consciousness of Sense of Self



- Thinking that you are an individual and unique.
- It is associated with **Self-consciousness** which is an acute sense of self-awareness, with slight tinges of paranoia. It is the unpleasant feeling of being watched or observed, that "everyone is looking at" one. It may be the basis of shyness.

Levels of Consciousness (3)



First President of the U.S.?

- Preconscious level is filled with information that a person might not be thinking of, but can be recalled if necessary.

Levels of Consciousness (3)

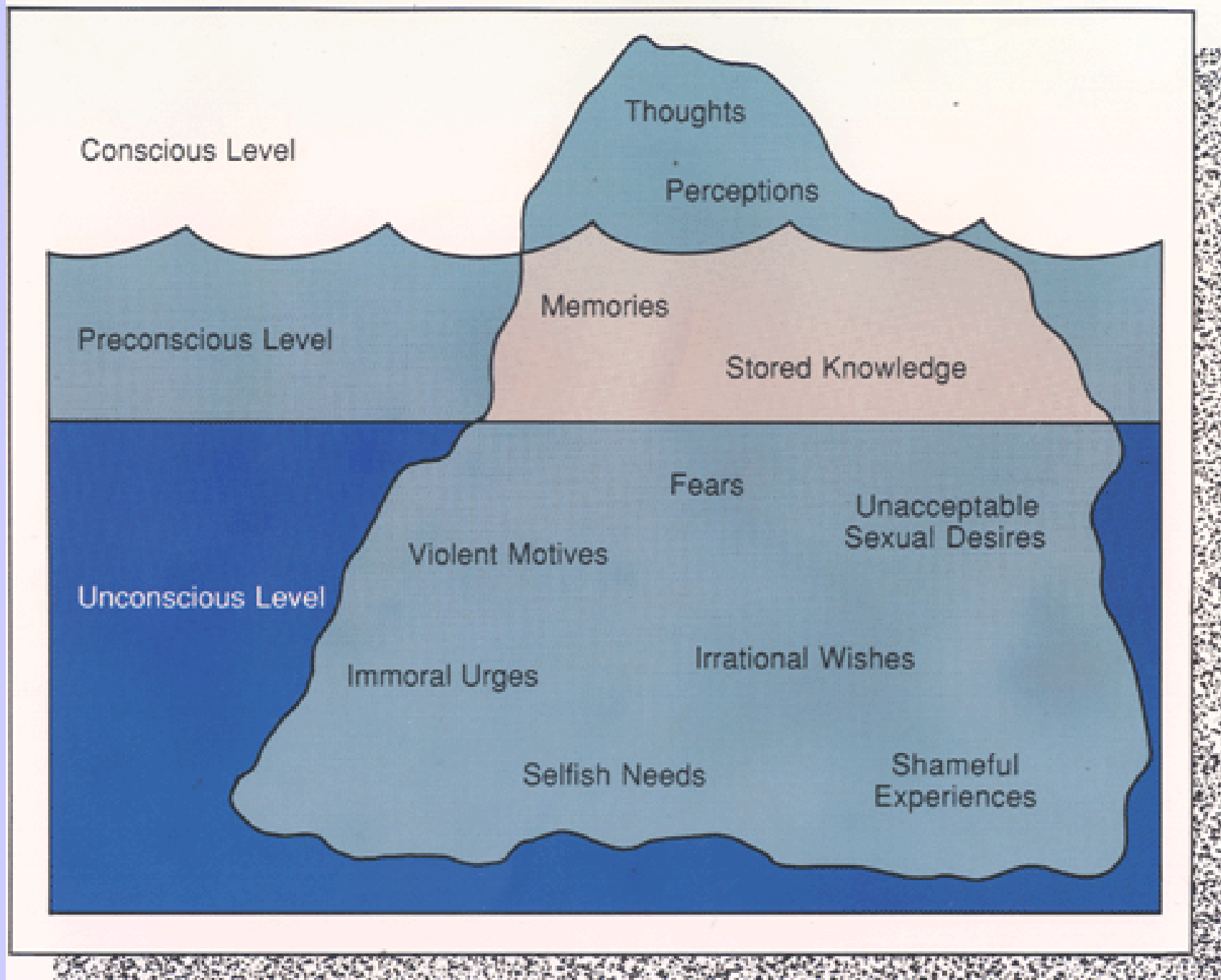


- Unconscious level, “Subconscious”, is not usually available to consciousness.
- Freud theorized that people have an unconscious mind that has hidden information.

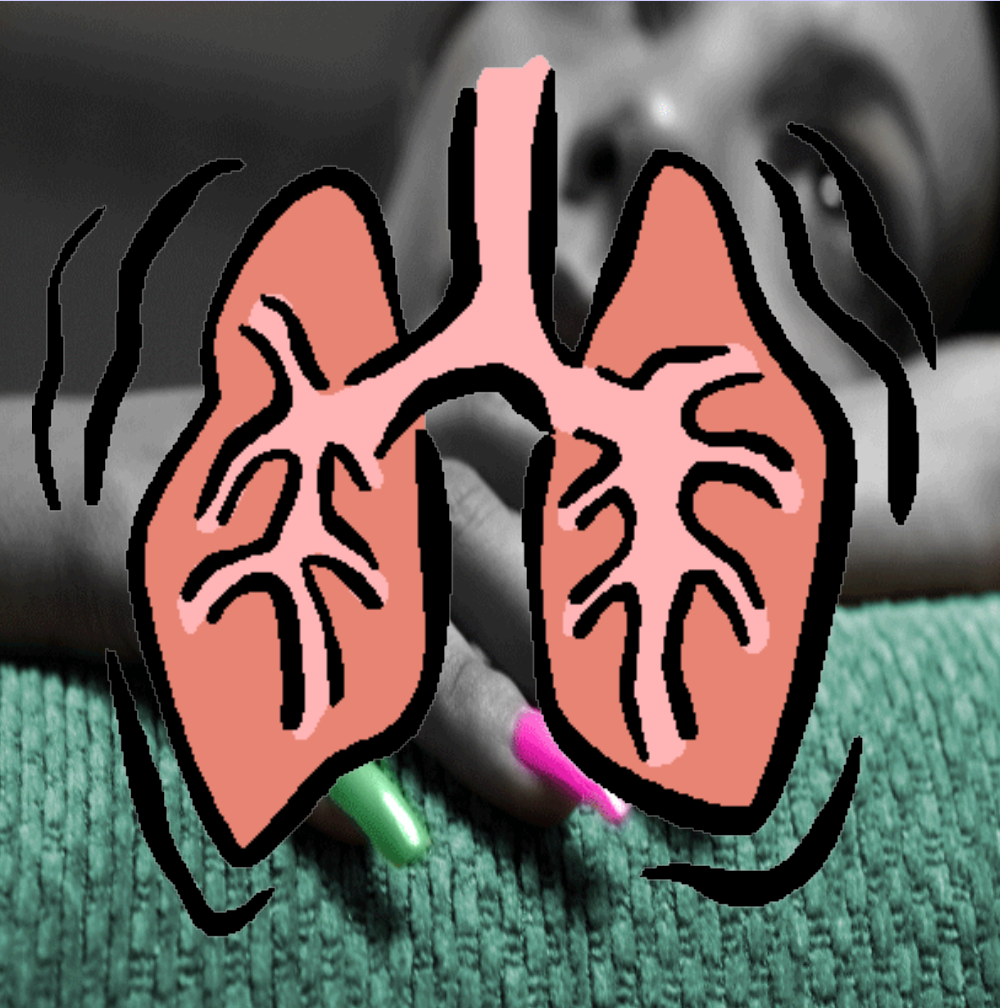
Levels of Consciousness (3)



- He also believed that we had mental strategies to push painful or unacceptable ideas out of our consciousness called defense mechanisms.



Levels of Consciousness (3)



- Nonconscious level is when people cannot bring into consciousness their bodily functions.
- Can you feel your nails growing? Can you feel the Oxygen and carbon dioxide being changed in your lungs?

Altered States of Consciousness



- When one's sense of self or sense of the world changes.

"The beginning of health is sleep."

Irish Proverb

"In sleep we are all equal."

Spanish Proverb

"Disease and sleep keep far apart."

Welsh Proverb

"Dreaming of eating will not satisfy the hungry."

African Proverb

Sleep and Dreams



Circadian Rhythms are the biological clock that determines when humans have sequences of bodily changes such as those in Body Temperature, Blood Pressure, and Sleepiness and wakefulness that occurs in 24 hours.

Stages of Sleep



- Sleep can be measured with EEG.
- Which measures four types of brainwaves, Beta, alpha, theta, delta.

Stages of Sleep



- Alert- Beta
- Relaxed and Drowsy- Alpha
- Visual images- Theta
- Dreaming Delta

Awake



Calm

Wakefulness



Theta Waves

Stage 1



Theta Waves

Sleep Spindle

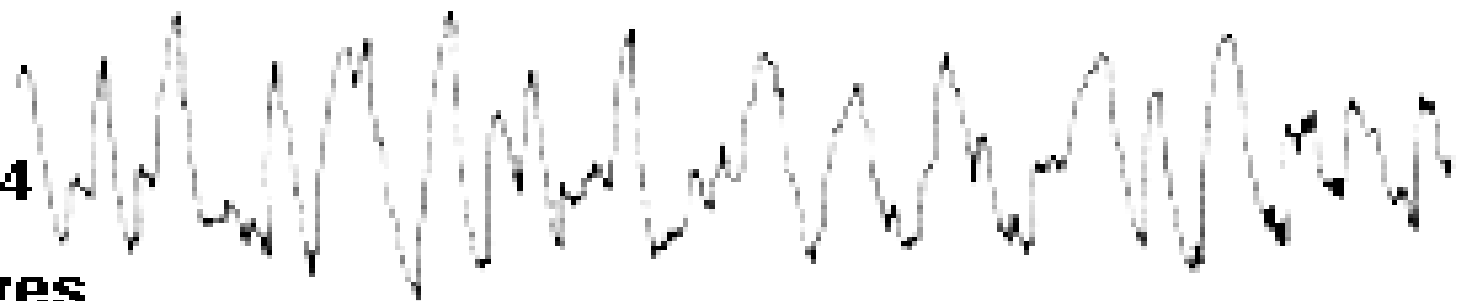
K Complex

Stage 2



**Sleep Spindles
& K Complexes**

Stage 3 & 4



Delta Waves

REM Sleep



Stages of Sleep



- We move from the first stage of sleep which lasts 30-40 minutes to stages 2,3,4.
- Stage 4 is the deepest sleep, this is hardest stage to be woken in.

Stages of Sleep



- After about 30 minutes in stage 4, we will move back thorough stages 3,2, and to stage one.
- Total time about 90 minutes

Stages of Sleep

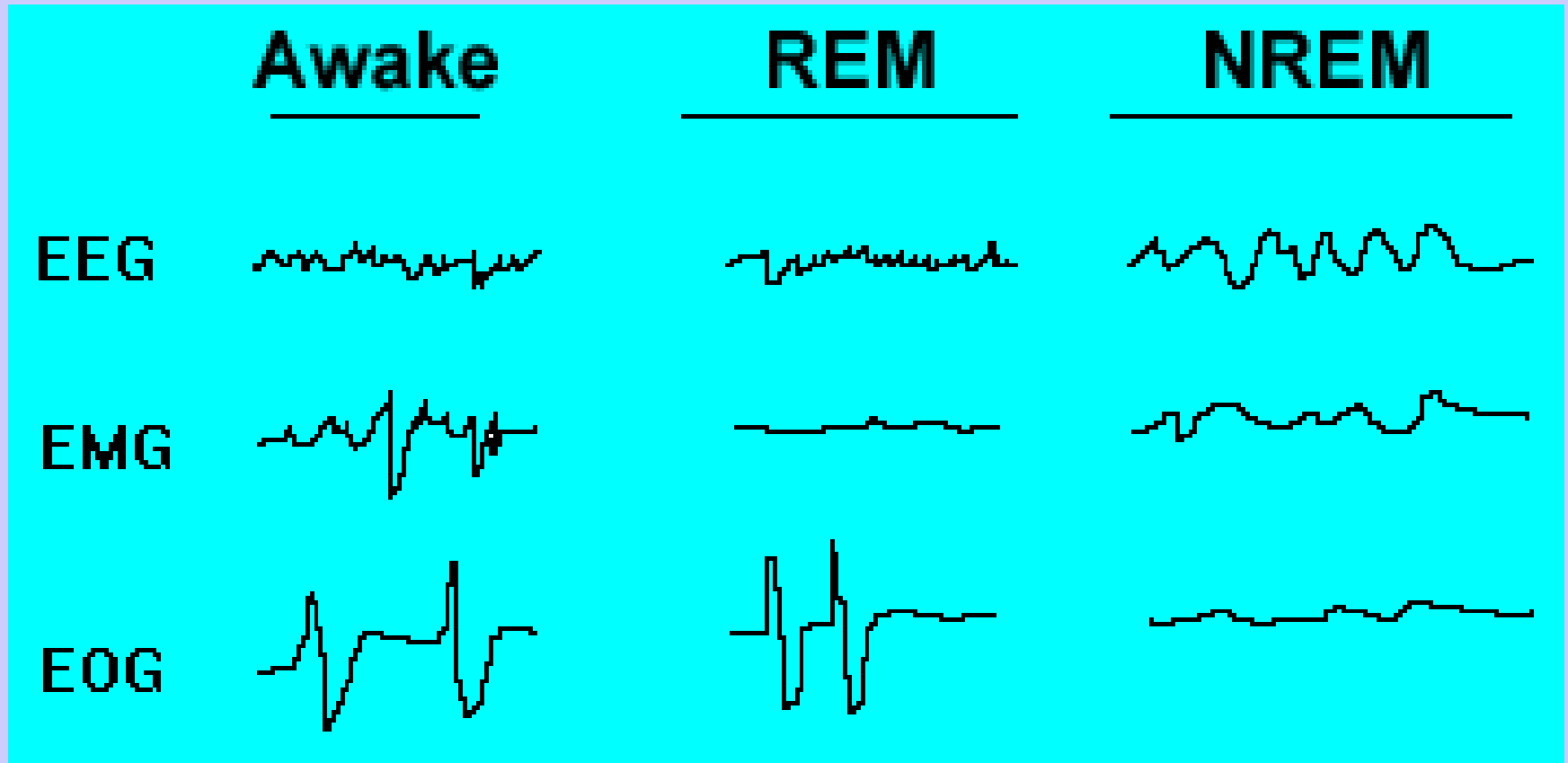


- It is at this point that we start the stage called Rapid Eye Movement or REM.
- The other areas of sleep are known as NREM, because they are not REM.

Stages of Sleep

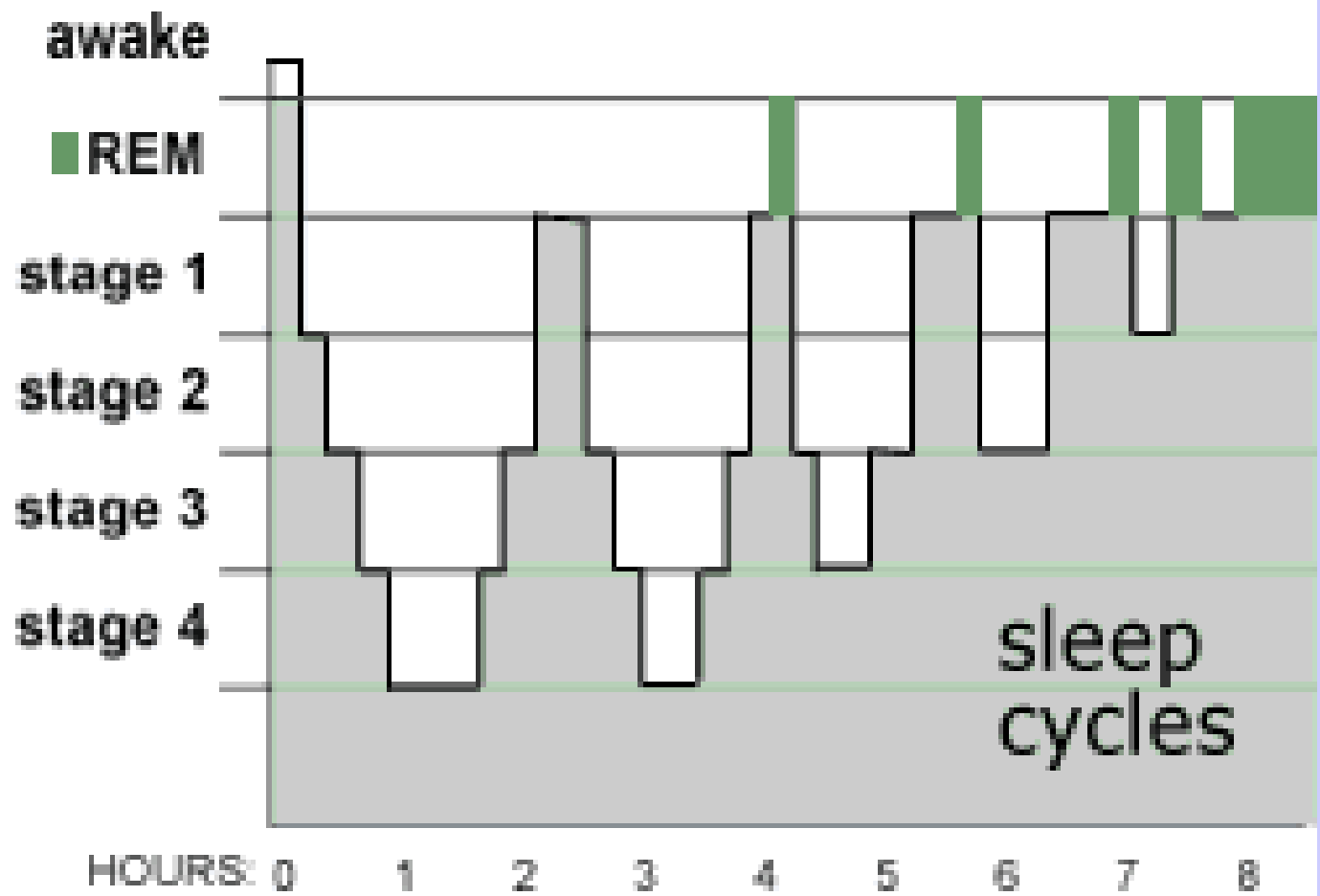


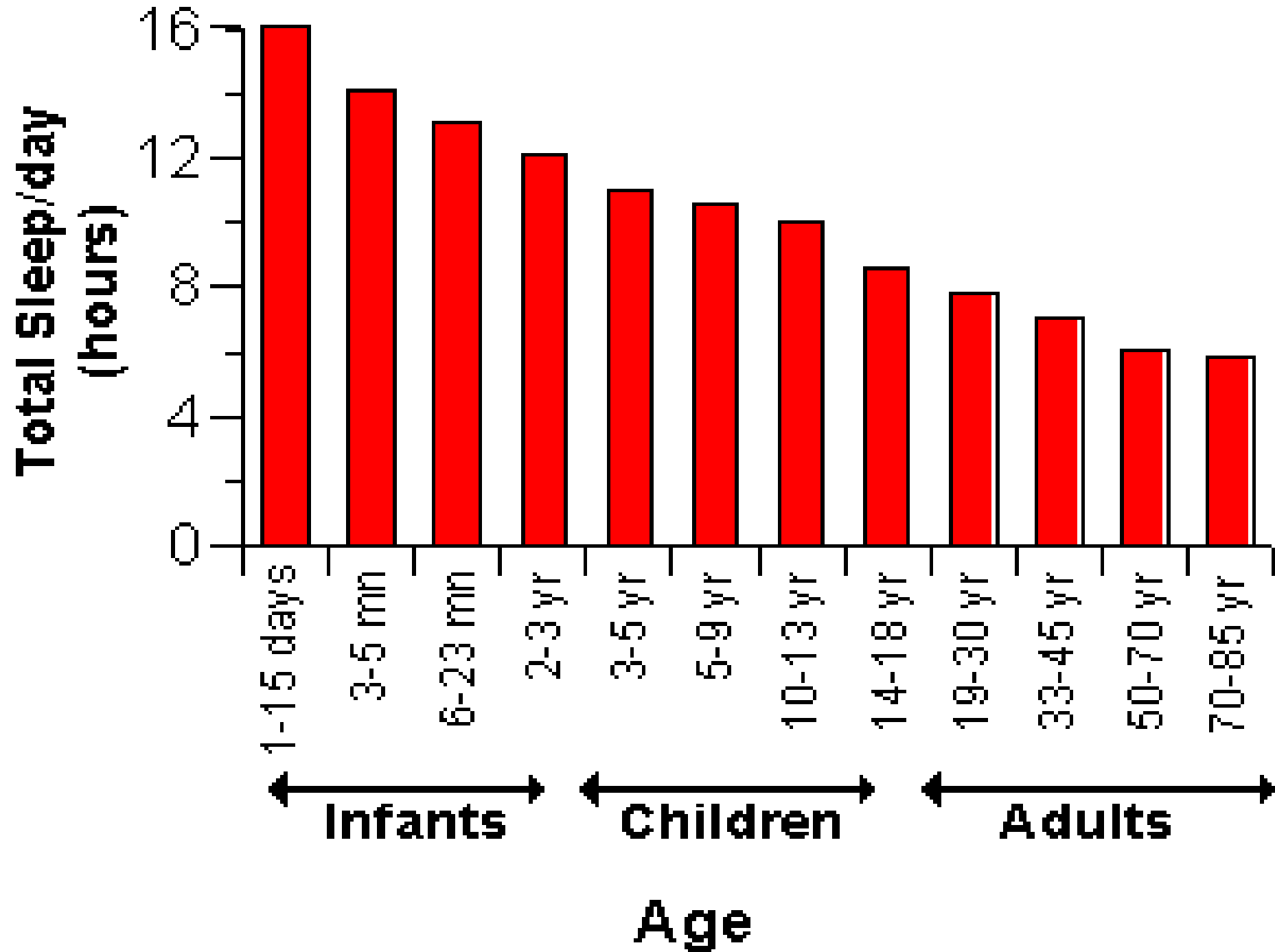
- This is the stage of where people experience their most vivid dreams.
- In the average 8 hour night of sleep most people go through these stages about 5 times. As the night goes on REM gets longer.

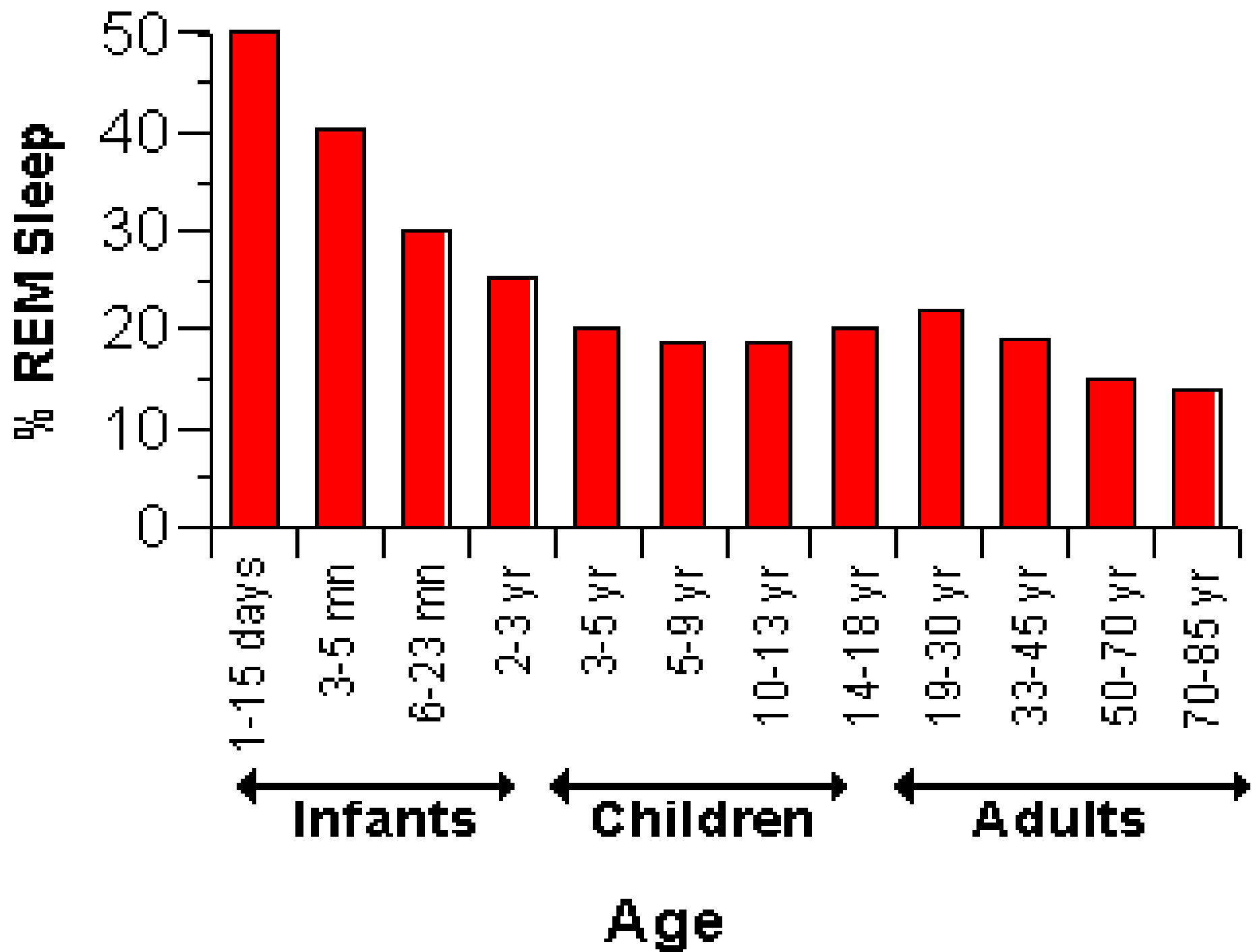


EEG (electroencephalogram) which shows a record of brain activity;
the EMG (electromyogram) shows muscle activity;
the EOG (electroculogram) shows eye movements.

Look at the differences in the EEG, EMG and EOG during waking, REM sleep
(Rapid Eye Movement Sleep) and NREM sleep







Why do we sleep?



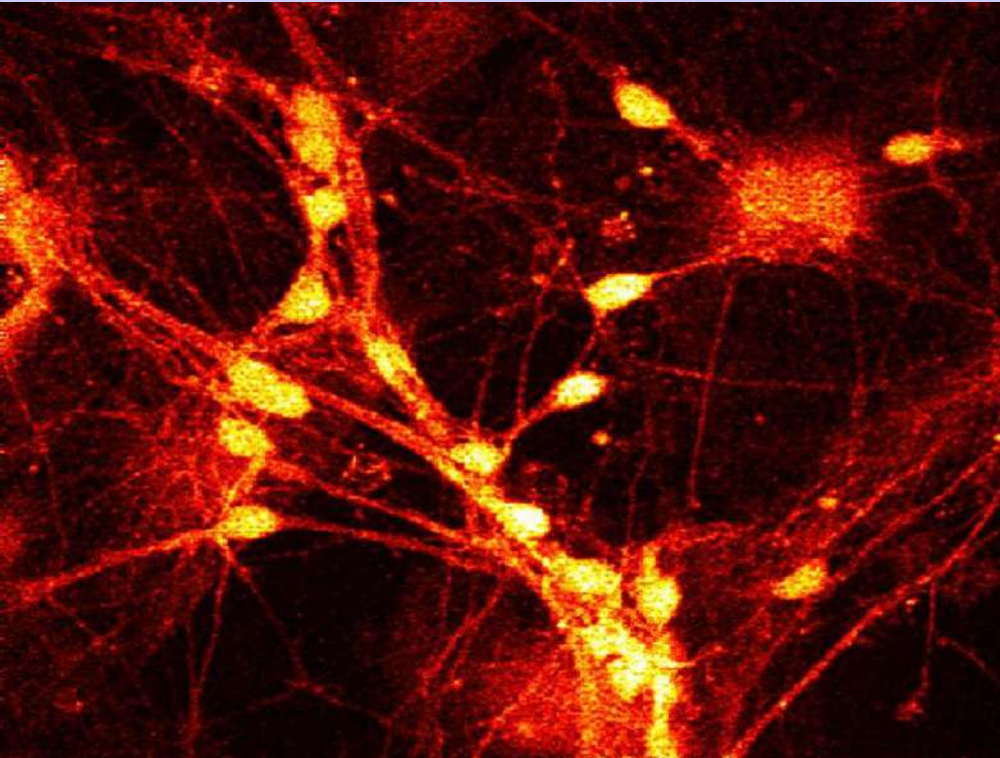
- Sleep helps revive the tired body and build up resistance to infection.
- Sleep seems to serve important psychological functions.

Why do we sleep?



- Deprivation of REM sleep will cause people to forget easily and learn more slowly.
- People will tend to have a REM-rebound when they are deprived of REM sleep.

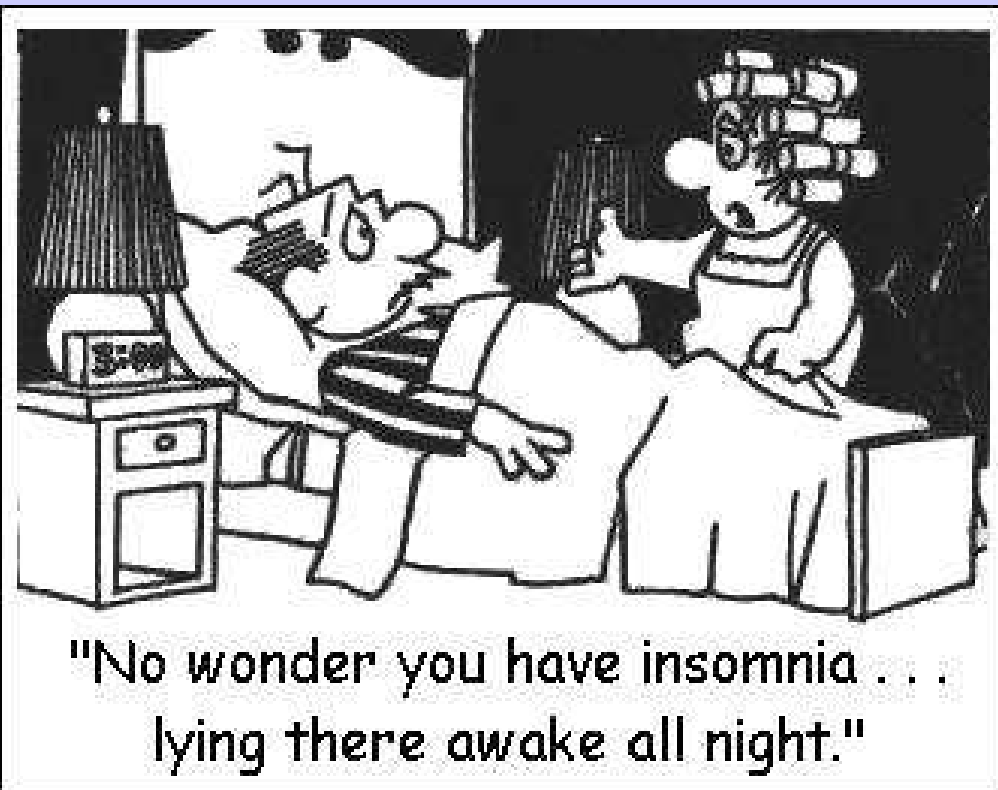
Dreams



• Freud theorized that dreams reveal unconscious wishes and urges.

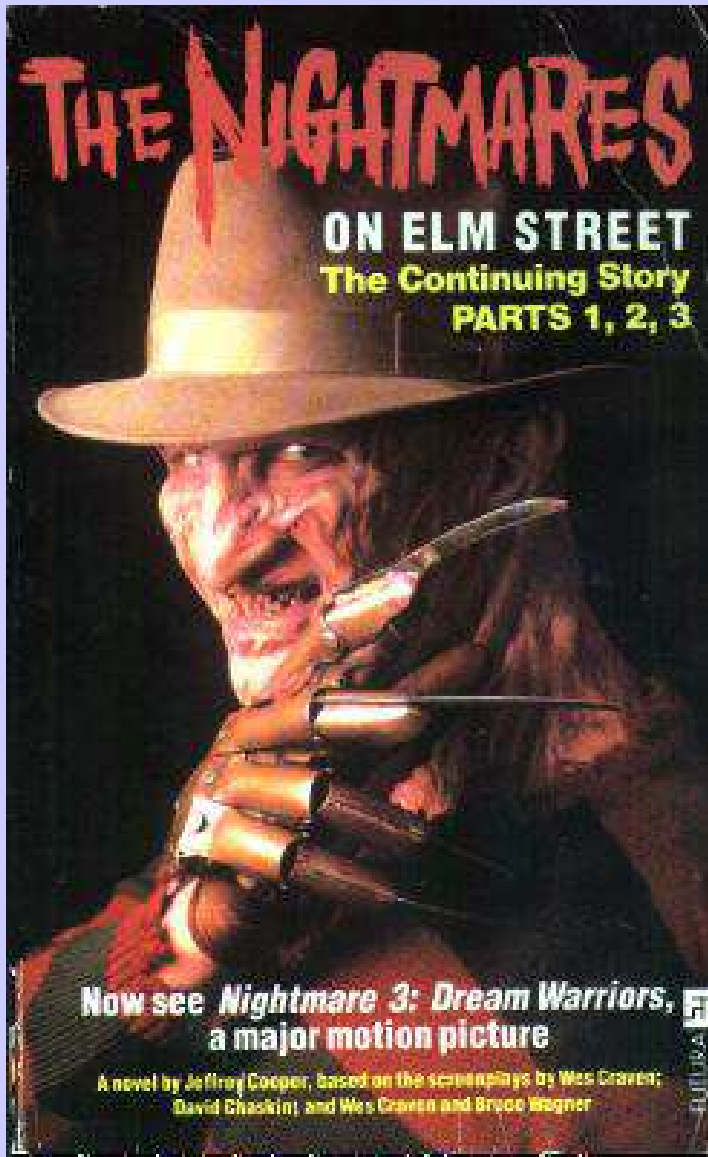
• Biopsychological approach believe that dreams occur because neurons fire in different part of the brain.

Sleep Problems



- Insomnia is the inability to sleep.
- Ways to overcome **Insomnia.**

Sleep Problems



- Nightmares- most common involve snakes and murderers.
- Occupational hazard
- Anxious and depressed people are more likely to have nightmares.

Sleep Problems



- Night Terrors- Not easily remembered terrifying nightmares
- Heart rate increase
- Gasp for air
- Talk/thrash about
- Common in young children
- Caused by immaturity of nervous system

Sleep Problems



- Sleep walking-move around during stages of deep sleep.
- Again, common with young children
- Immaturity of the nervous system

Sleep Problems

- Sleep Apnea-breathing interruption that occurs during sleep.



Possibly associated with SIDS (sudden infant death syndrome)

Sleep Problems



- Narcolepsy- sleep problem in which people suddenly fall asleep, no matter what time it is or where they are.
- Very rare
- Go directly into REM sleep immediately
- Believed to be genetically linked.