

Review for Chapter 5 Test Consciousness

How long does it take
(the average person) to
reach REM sleep?

90 Minutes

When you first fall asleep
you pass through
stages 1-4. What
happens after you
reach stage 4?

- You go to stage Three sleep and
up the ladder to stage one

What is a stimulant used to help people stay awake and reduce appetite?

- Amphetamines

What is the “Biological Clock” called

- Circadian Rhythm

What is the state of awareness in which a person's sense of self or of the world alters?

- Altered state of consciousness

When the breathing
interruption occurs
during sleep it is called

- Sleep Apnea

What is perception of an object
or a sound that seems real,
but is not?

- Hallucination

What is the stage of sleep in which we have the most vivid dreams?

- REM

Difficulty falling asleep is called

- Insomnia

During a typical eight hours of sleep, most people go through _____ sleep cycles

- Five

What is the condition that is a sleep problem in which the people will suddenly fall asleep no matter what time it is?

- Narcolepsy

What is a false idea that seems real?

- Delusion

Removing poisonous substances from the body is called

- Detoxification

What is the system that displays information about something happening in the body?

- Biofeedback

How many sleep cycles does the “typical” person go through in a night?.

- Five

The four different kinds of brain wave patterns, in order, are

- Beta
- Alpha
- Theta
- Delta

After taking certain drugs for
a while, a person shows
signs of

when the body craves the
drug just to feel normal.

- Addiction

Difficulty falling asleep is called

- Insomnia

When the breathing interruption occurs during sleep it is called

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What is the stage of sleep in which we have the most vivid dreams?

- REM

What is the condition that is a sleep problem in which the people will suddenly fall asleep no matter what time it is?

- narcolepsy

Consciousness is considered
a psychological
construct because
we cannot see, touch, or
measure it directly.

- Construct

Ideas that a person is not aware of , but which can be recalled, are on the _____ level.

- Preconscious

Are similar to, but more
severe than, nightmares.

- Night Terrors

Drugs that slow the activity of the nervous system

- Depressants

Nicotine causes a person's heart rate to increase by causing the release of the hormone

- Adrenaline

Drugs that speed up the activity of the nervous system

- Stimulants

Overdoses of crack and other forms of cocaine can be fatal because of the strain they place on the

- Heart

The type of consciousness we experience when we are conscious of external sensations is known as

- Sensory Awareness

Many of our basic biological functions, such as breathing, exist at the

- Non-consciousness

Sleep and meditation are examples of

- Altered states of consciousness

During a 24 hour day, people experience a sequence of changes in

- Blood Pressure
- Body Temperature
- Sleepiness
- Wakefulness

Sleep researchers define our sleep stages in terms of

- Brain wave patterns

During NREM sleep, dreaming

- Is fleeting not constant

Sleepwalking in children is probably caused by

- Immaturity of the nervous system

Some psychologists dispute
that hypnosis is an altered
state of consciousness
because

- People's brain wave patterns do not change under hypnosis (same as being awake)

Slurred speech, blurred vision,
and impaired judgment are
the results of

- Intoxication

Morphine and heroin are
addictive depressants known
as

- Narcotics

Amphetamines have been used to

- Reduce appetite and keep people awake

Marijuana is an example of a

- Hallucinogen

Some people who have taken LSD suffer long-term side effects that include

- Flashbacks

Maintenance programs help people addicted to narcotics by

- Reducing the amount of the narcotic
- Giving controlled amounts of a less addictive drug

What was the mental strategy that Freud said that people used to push painful or unacceptable ideas out of our consciousness?

- **Defense Mechanisms**

According to the Biopsychological approach to dreaming...dreaming occurs because

- Random firing of neurons

Which drug has “flashbacks”
that could occur weeks,
months, or years after
taking it?

- LSD