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•Sleep •Wake	
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12 Sleep and	Dreams
13 Biological Circadian	Rhythms and Sleep <i>Rhythm</i>
• Circadian	rhythm
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•	ature changes
–Suprach	niasmatic nucleus (SCN

1 Myers' Psychology for AP*

	melatonin
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16	Biological Rhythms and Sleep Sleep Stages
	 Stages of sleep
	–Awake
	• <u>Alpha waves</u>
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	•Hallucinations
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17	Biological Rhythms and Sleep Sleep Stages
	• Stages of sleep
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	Sleep spindles
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	−Stage 4 Delta waves
	-REM sleep
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24	Biological Rhythms and Sleep REM Sleep

- REM sleep vs NREM sleep
 - -Paradoxical sleep
- Typical nights sleep
 - -90 minute cycle

- 30 Why Do We Sleep?
 - Variations in sleeping patterns
 - Cultural influences
 - Sleep debt

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48	Why Do We Sleep? The Effects of Sleep Loss US Navy and NIH studies Age and sleep loss Chronic sleep loss Spring and fall time changes
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54	Why Do We Sleep? Sleep Theories Sleep theories Sleep protects Sleep helps recuperation Memory storage Sleep and creative thinking Sleep and growth
55	Sleep Disorders
	Sleep disorders

	 -Insomnia -Narcolepsy -Sleep apnea -Night terrors -Sleepwalking/ sleeptalking
56	Dreams What We Dream
	<u>Dreams</u><u>Manifest content</u><u>Latent content</u>
57	Dreams Why We Dream
	 To satisfy our own wishes To file away memories To develop/preserve neural pathways To make sense of neural static To reflect cognitive development <u>REM rebound</u>
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65	Hypnosis
66	Introduction

• Hypnosis

- -Hypnotic induction
- -Hypnosis as an altered state?

67 Facts and Falsehoods

- Can Anyone Experience Hypnosis?
 - –Postural sway
 - -Susceptibility
- Can Hypnosis Enhance Recall of Forgotten Events?
 - -Age regression

68 Facts and Falsehoods

- Can Hypnosis Force People to Act Against Their Will?
- Can Hypnosis Be Therapeutic?
 - -Hypnotherapists
 - -Posthypnotic suggestion
- Can Hypnosis Alleviate Pain?

Explaining the Hypnotic State Hypnosis as a Social Phenomenon

- "Good hypnotic subjects"
- · Social influence theory

70 Explaining the Hypnotic State Hypnosis as Divided Consciousness

- Hilgard
 - -Dissociation
- · Unified account of hypnosis
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- 75 Drugs and Consciousness
- 76 Introduction
 - Psychoactive drugs
- 77 Dependence and Addiction
 - Tolerance
 - Withdrawal
 - Dependence
 - -Physical dependence-Psychological dependence
- 78 Dependence and Addiction

 Misconceptions About Addiction
 - Addiction
 - Myths
 - -Addictive drugs quickly corrupt
 - -Addictions cannot be overcome voluntarily without therapy
 - The concept of addiction applies to all pleasure-seeking behaviors
- 79 Psychoactive Drugs
 - Three types of psychoactive drugs
 - -Depressants
 - -Stimulants
 - -Hallucinogens
- 80 Psychoactive Drugs Depressants
 - Depressants
 - -Alcohol
 - -Barbiturates (tranquilizers)
 - -Opiates

Psychoactive Drugs Depressants - Alcohol

- Disinhibition
- Slowed neural processing
- Memory disruption
- · Reduced self-awareness and self-control
- Expectancy effects
- Alcohol + Sex = The Perfect Storm

Psychoactive Drugs Depressants – Barbiturates and Opiates

- Barbiturate (tranquilizers)
- Opiates
 - -Endorphins

83 Psychoactive Drugs Stimulants

- Introduction
 - -Stimulants
 - -Amphetamines
 - -Methamphetamine (speed)
 - Crystal meth
 - -Caffeine

84 Psychoactive Drugs Stimulants

- Nicotine
- Cocaine
 - -Crack
- Ecstasy
 - -MDMA



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95	Psychoactive Drugs Hallucinogens
	• <u>Hallucinogens</u> (psychedelics)
	– <u>LSD</u> (lysergic acid diethylamide)
	• Acid
	• Near-death experience
	–Marijuana
	• <u>THC</u>
96	Influences of Drug Use
	Biological Influences
	• Psychological and Social-Cultural Influences
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114	The End

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- Division title (green print) subdivision title (blue print)
 - XXX
 - -XXX
 - -xxx
- Division title (green print) subdivision title (blue print)
- 120 Definition Slide
 - = add definition here
- 121 Definition Slides
- 122 (Consciousness
 - = an awareness of ourselves and our environment.
- 123 Circadian Rhythm
 - = the biological clock; regular bodily rhythms (for example, of temperature and wakefulness) that occur on a 24-hour cycle.
- 124 REM Sleep

= rapid eye movement sleep; a recurring sleep state during which vivid dreams commonly occur. Also known as paradoxical sleep, because the muscles are relaxed (except for minor twitches) but other body systems are active.

125 Alpha Waves

= the relatively slow brain waves of a relaxed, awake state.

126 Sleep

 periodic, natural loss of consciousness – as distinct from unconsciousness resulting from a coma, general anesthesia, or hibernation.

127 Hallucinations

= false sensory experiences, such as seeing something in the absence of an external visual stimulus.

128 Delta Waves

= the large, slow brain waves associated with deep sleep.

129 NREM Sleep

= non-rapid eye movement sleep; encompasses all sleep stages except for REM sleep.

130 Insomnia

= recurring problems in falling or staying asleep.

131 Narcolepsy

= a sleep disorder characterized by uncontrollable sleep attacks. The sufferer may lapse directly into REM sleep, often at inopportune times.

132 Sleep Apnea

 a sleep disorder characterized by temporary cessations of breathing during sleep and repeated momentary awakenings.

133 Night Terrors

= a sleep disorder characterized by high arousal and an appearance of being terrified; unlike nightmares, night

terrors occur during Stage 4 sleep, within two or three hours of falling asleep, and are seldom remembered.

134 Dream

= a sequence of images, emotions, and thoughts passing through a sleeping person's mind. Dreams are notable for their hallucinatory imagery, discontinuities, and incongruities, and for the dreamer's delusional acceptance of the content and later difficulties remembering it.

135 Manifest Content

= according to Freud, the remembered story line of a dream (as distinct from its latent, or hidden, content).

136 Latent Content

= according to Freud, the underlying meaning of a dream (as distinct from its manifest content).

137 REM Rebound

= the tendency for REM sleep to increase following REM sleep deprivation (created by repeated awakenings during REM sleep).

138 Hypnosis

= a social interaction in which one person (the hypnotist) suggests to another (the subject) that certain perceptions, feelings, thoughts, or behaviors will spontaneously occur.

139 Posthypnotic Suggestion

= a suggestion, made during a hypnosis session, to be carried out after the subject is no longer hypnotized; used by some clinicians to help control undesired symptoms and behaviors.

140 Dissociation

= a split in consciousness, which allows some thoughts and behaviors to occur simultaneously with others.

141 Psychoactive Drug

= a chemical substance that alters perceptions and moods.

142 Tolerance

= the diminishing effect with regular use of the same dose of a drug, requiring the user to take larger and larger doses before experiencing the drug's effect.

143 Withdrawal

= the discomfort and distress that follow discontinuing the use of an addictive drug.

144 Physical Dependence

= a physiological need for a drug, marked by unpleasant withdrawal symptoms when the drug is discontinued.

145 Psychological Dependence

= a psychological need to use a drug, such as to relieve negative emotions.

146 Addiction

= compulsive drug craving and use, despite adverse consequences.

147 Depressants

= drugs (such as alcohol, barbiturates, and opiates) that reduce neural activity and slow body functions.

148 **Barbiturates**

= drugs that depress the activity of the central nervous system, reducing anxiety but impairing memory and judgment.

149 Opiates

opium and its derivatives, such as morphine and heroin;
 they depress neural activity, temporarily lessening pain and anxiety.

150 Stimulants

= drugs (such as caffeine, nicotine, and the more powerful amphetamines, cocaine, and Ecstasy) that excite neural activity and speed up body functions.

151 Amphetamines

= drugs that stimulate neural activity, causing speeded-up body functions and associated energy and mood changes.

152 Methamphetamine

= a powerfully addictive drug that stimulates the central nervous system, with sped-up body functions and associated energy and mood changes; over time, appears to reduce baseline dopamine levels.

153 Ecstasy (MDMA)

= a synthetic stimulant and mild hallucinogen. Produces euphoria and social intimacy, but with short-term health risks and longer-term harm to serotonin-producing neurons and to mood and cognition.

154 Hallucinogens

= psychedelic ("mind-manifesting") drugs, such as LSD, that distort perceptions and evoke sensory images in the absence of sensory input.

155 **LSD**

= a powerful hallucinogenic drug; also known as acid (lysergic acid diethylamide).

156 Near-Death Experience

= an altered state of consciousness reported after a close brush with death (such as through cardiac arrest); often similar to drug-induced hallucinations.

157 **THC**

= the major active ingredient in marijuana; triggers a variety of effects, including mild hallucinations.