**KSS Psych 12 AP Chapter 7 States of Consciousness Vocabulary**

1. For most psychologists, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is our awareness of ourselves and our environment. (p. 271)
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ are periodic fluctuations in our bodies' physiological states, including annual variations in appetite, 90-minute sleep cycles, the 28-day menstrual cycle, and circadian rhythms. (p.274)
3. A \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ rhythm is any regular bodily rhythm, such as body temperature and sleep-wakefulness, that follows a 24-hour cycle. (p. 275)

*Memory aid:* In Latin, *circa* means" about" and *dies* means "day." A circadian rhythm is one that is
about a day, or 24 hours, in duration.

1. \_\_\_\_\_\_\_\_\_\_\_\_\_ sleep is the sleep stage in which the brain and eyes are active, the muscles are relaxed, and vivid dreaming occurs; also known as *paradoxical sleep.* (p. 276)

*Memory aid:* REM is an acronym for rapid eye movement, the distinguishing feature of this sleep stage that led to its discovery.

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ are the relatively slow brain waves characteristic of an awake, relaxed state. (p. 277)
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is the natural, periodic, reversible loss of consciousness, on which the body and mind depend for healthy functioning. (p. 277)
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ are false sensory experiences that occur without any sensory stimulus. (p. 277)
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ waves are the large, slow brain waves associated with deep sleep. (p: 277)
5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is a sleep disorder in which the person regularly has difficulty in falling or staying asleep. (p. 283)
6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is a sleep disorder in which the victim suffers sudden, uncontrollable sleep attacks, often characterized by entry directly into REM. (p.284)
7. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is a sleep disorder in which the person ceases breathing while asleep, briefly arouses to gasp for air, falls back asleep, and repeats this cycle throughout the night. (p. 284)

*Example:* One theory of the sudden infant death syndrome is that it is caused by sleep apnea.

1. A person suffering from \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ experiences episodes of high arousal with apparent terror.
Night terrors usually occur during Stage 4 sleep. (p.284)
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ are vivid sequences of images, emotions, and thoughts, the most vivid of which occur during REM sleep. (p. 285)
3. In Freud's theory of dreaming, the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ content is the remembered story line. (p. 286)
4. In \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of dreaming, the latent content is the underlying but censored meaning of a dream. (p. 287)

*Memory aids for* 14 *and* 15: *Manifest* means "clearly apparent, obvious"; *latent* means "hidden, con-
cealed." A dream's manifest content is that which is obvious; its latent content remains hid-
den until its symbolism is interpreted. REM rebound is the tendency for REM sleep to
increase following REM sleep deprivation. (p. 288)

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is a social interaction in which one person (the hypnotist) suggests to another (the subject) that certain perceptions, feelings, thoughts, or behaviors will spontaneously occur. (p. 290)
2. A \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is a suggestion made during a hypnosis session that is to be carried out
when the subject is no longer hypnotized. (p. 292)
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is a split between different levels of consciousness, allowing a person to divide attention between two or more thoughts. (p. 293)
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ drugs-which include stimulants, depressants, and hallucinogens-are chemical substances that alter mood and perception. They work by affecting or mimicking the activity of neurotransmitters. (p. 296)
5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is the diminishing of a psychoactive drug's effect that occurs with repeated use, requiring progressively larger doses in order to produce the same effect. (p. 297)
6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ refers to the discomfort and distress that follow the discontinued use of addictive drugs. (p. 297)
7. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ dependence is a physiological need for a drug that is indicated by the presence of withdrawal symptoms when the drug is not taken. (p, 297)
8. The psychological need to use a drug is referred to as \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ dependence. (p. 297)
9. An \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is a compulsive craving for a drug despite adverse consequences and withdrawal symptoms. (p. 297)
10. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ are psychoactive drugs, such as alcohol, opiates, and barbiturates, that reduce
neural activity and slow body functions. (p. 298)
11. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ *are depressants, sometimes used to* induce sleep or reduce anxiety. (p. 300)
12. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ are depressants derived from the opium poppy, such as opium, morphine, and heroin;
they reduce neural activity and temporarily lessen pain and anxiety. (p. 300)
13. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ are psychoactive drugs, such as caffeine, nicotine, amphetamines, and cocaine that excite neural activity and speed up body functions. (p. 300)
14. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ are a type of stimulant and, as such, speed up body functions and neural activity. (p. 300)
15. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is a powerfully addictive stimulant that speeds up body functions and is associated with energy and mood changes. (p. 300)
16. Classified as both a (synthetic) stimulant and a mild hallucinogen, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (MDMA) produces short-term euphoria by increasing serotonin levels in the brain. Repeated use may permanently
damage serotonin neurons, suppress immunity, and disrupt cognition. (p. 302)
17. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ are psychoactive drugs, such as LSD and marijuana, that distort perception and evoke sensory images in the absence of sensory input. (p. 302)
18. \_\_\_\_\_\_\_\_\_\_\_\_\_ (lysergic acid diethylamide) is a powerful hallucinogen capable of producing vivid false perceptions and disorganization of thought processes. LSD produces its unpredictable effects
partially because it blocks the action of the neurotransmitter serotonin. (p. 302)
19. The major active ingredient in marijuana, \_\_\_\_\_\_\_\_\_\_ is classified as a mild hallucinogen. (p. 303)
20. The \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ experience is an altered state of consciousness that has been reported by some people who have had a close brush with death. *(p.309)*
21. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is the philosophical belief that the mind and body are distinct entities-the mind non-physical, the body physical. (p. 310)

*Example:* Those who believe that near-death experiences are proof of immortality are expressing
the dualist position that mind and body are separate entities.

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is the philosophical belief that the mind and body are different aspects of the same thing. (p.310) *Example:* The belief that death is final and that no
afterlife exists is a reflection of the monist posi-
tion that mind and body are one.