* Consciousness
* Hypnosis
* Posthypnotic suggestion
* Dissociation
* Sleep
* Circadian rhythm
* REM sleep
* Alpha waves
* NREM sleep
* Hallucinations
* Hypnagogic sensations
* Delta Waves
* Suprachiasmatic nucleus (SCN)
* Insomnia
* Narcolepsy
* Sleep apnea
* Night terrors
* Dream
* Manifest content
* Latent content
* REM rebound
* Psychoactive drug
* Substance use disorder
* Tolerance
* Withdrawal
* Depressants
* Alcohol use disorder
* Barbiturates
* Opiates
* Stimulants
* Nicotine
* Cocaine
* Amphetamines
* Methamphetamine
* Ecstasy (MDMA)
* Hallucinogens
* Near-death Experience
* LSD
* THC

*Questions:*

1. What does psychologist Daniel Wegner say people mistakenly believe about their consciousness?

**Module 22**

1. What example does David Myers give of “split consciousness”?
2. Myers explains that every science has concepts so fundamental that they are nearly impossible to define. What concept does he say biologists agree/disagree on?
3. What is Martin Seligmann’s car part metaphor about consciousness?
4. What does Myers say is unique about sleep as a state of consciousness?
5. What is unique about the sleep patterns of dolphins, porpoises and whales?
6. What does *circadian* mean in Latin?
7. What are the light-sensitive retinal proteins that trigger the circadian clock? How does this process work?
8. What did May & Hasher’s 1998 study about sleep indicate happens at about 20 years old?
9. Who can we blame for our adjusted “25 hour” biological clock?
10. How long does it take us to pass through the five stages of sleep? How did we learn that there were five stages?
11. What is characteristic about Alpha waves and how are these different from Delta (sleep) waves?
12. Describe William Dement’s 1999 sleep study.
13. What are sleep spindles?
14. What percentage of children experience sleep-walking?
15. In a 1966 Karacan sleep study, it was discovered that genital arousal occurs regularly during REM sleep—even when the dream content was not sexual in nature. Why do you suppose genital arousal (if not stimulated for sexual purposes) occurs during REM sleep?
16. Why is REM sleep often called *paradoxical sleep*?
17. What does rapid eye movement signal?
18. What is different about age and sleep cycles? What factors may contribute to these sleep pattern differences and what do we find from identical twins’ sleep patterns?

**Module 24**

1. How long will the brain keep an accurate count of sleep debt, according to William Dement?
2. In the U.S. Navy/National Institute of Health sleep study, participants spent 14 in bed daily for at least a week. How long did they sleep when unrestricted? How long did it take them to make up their sleep debts and transition back to normal hours?
3. What are the negative side-effects of sleep deprivation?
4. What is the explanation for the “Freshman 15” phenomenon in college? What is more likely the amount of weight gain?
5. How does sleep deprivation affect immunities and aging?
6. What are the four functions of sleep, according to the text?
7. What percentage of adults experience some level of insomnia?
8. Why are alcohol or sleeping pills not an ideal cure for insomnia?
9. What rhyming phrase does the American Sleep Disorders Association use to explain how dangerous sleeping behind the wheel can be?
10. What do dream studies from the U.S., France, Hungary and Egypt find about the dreams of blind people?
11. What are some examples of dreams that have been found in a 2000 study to support the claim that dreams (manifest content) incorporate traces of previous days’ events?
12. It is a common myth that experiencing death or falling in a dream leads to actual death. What are some reasons why it is problematic to interpret latent content of dreams?
13. According to the text, what are the five possible functions of dreams?
14. What causes REM rebound?
15. An interesting question is posed in the “Ask Yourself” section on pg. 192. Our school-day start time is 9:15. Do you agree with moving early-start times forward or is it unlikely to have an impact on alertness and learning? Explain your answer.
16. What did Bowers (1984) conclude to be true about hypnosis?
17. How is postural sway an indicator of openness to suggestion?
18. Do you think suggestibility makes it more likely that teenagers can be hypnotized?
19. What do UFO sightings and bans on hypnotic testimony suggest about the fallibility of “hypnotically refreshed” (false) memories?
20. What did researchers Martin Orne and Frederich Evans find in their study of whether or not hypnosis can cause people to act against their own will?
21. What is the difference between *dependence* and *addiction*?
22. (See drug chart created in class for classifications and effects of drugs on the brain)
23. Explain the phenomenon of a *near death experience*.
24. What impact does THC have on the brain?
25. What are the common reasons that people use consciousness-altering drugs?
26. What are the “three channels of influence” discovered from the findings on drug use and prevention and treatment programs?