

## Chapter 7

### Learning Objectives:

#### Consciousness and Information Processing:

1. Discuss the history of psychology's study of consciousness, and contrast conscious and unconscious information processing.

#### Sleep and Dreams:

2. Distinguish four cycle types of biological rhythms, and give an example of each.
3. Describe the cycle of our circadian rhythm, and identify some events that can disrupt this biological clock,
4. List the stages of the sleep cycle, and explain how they differ.
5. Explain why sleep patterns and duration vary from person to person.
6. Discuss several risks associated with sleep deprivation.
7. Identify four theories of why we sleep.
8. Identify the major sleep disorders.
9. Describe the most common content of dreams.
10. Compare the major perspectives on why we dream.

#### Hypnosis:

11. Define *hypnosis*, and note some similarities between the behavior of hypnotized people and that of motivated un hypnotized people.
12. Discuss the characteristics of people who are susceptible to hypnosis, and evaluate claims that hypnosis can influence people's memory, will, health, and perception of pain.
13. Give arguments for and against hypnosis as an altered state of consciousness.

#### Drugs and Consciousness:

14. Define *psychoactive drug*.
15. Discuss the nature of drug dependence and identify three common misconceptions about addiction.
16. Names the main categories of psychoactive drugs, and list three ways these substances can interfere with neurotransmission in the brain.
17. Explain how depressants affect nervous system activity and behavior, and summarize the findings on alcohol use and abuse.
18. Identify the major stimulants, and explain how they affect neural activity and behavior.
19. Describe the physiological and psychological effects of hallucinogens, and summarize the effects of LSD and marijuana.

20. Discuss the biological, psychological, and social-cultural factors that contribute to drug use.

**Near-Death Experiences:**

21. Describe the near-death experience and the controversy over whether it provides evidence for a mind-body dualism.