**Study Guide: Chapter 4**

**Introduction to Psychology**

**Chapter 4: Consciousness**

1. What is consciousness?

2. Why does talking on cell phones cause accidents? (What kind of attention is required to drive and talk at the same time?)

3. What is a circadian rhythm? What is jet lag?

4. Describe the sleep cycle. How long is it? How many stages does it have? What are delta waves and which sleep stage do they dominate?

5. What is the difference between REM and NREM sleep? (There is more than one characteristic difference.)

6. How often do people probably dream?

7. Do we know why we sleep? What happens to us if we do not sleep? What are some of the symptoms of sleep deprivation? What happens to us if we are deprived of REM sleep? How long can lab rats live without sleep? How long can they live without REM sleep?

8. What is a sleep disorder? What is a parasomnia? Name some examples.

9. You should be able to recognize descriptions of insomnia, sleepwalking, night terrors, REM sleep behavior disorder, sleep apnea, and narcolepsy. In which stage of sleep does each occur (REM vs. NREM)? Why is REM sleep called paradoxical sleep? What is REM rebound?

10. What are the characteristics of dreams? Why do we not remember our dreams? What do we dream about? (Most often, we dream about activities of the previous day.) What are two classes of theories of why we dream? What are some common dream themes?

11. What are the two definitions of hypnosis? Is everyone equally hypnotically suggestible? 12. What sensory and perceptual changes can occur under hypnosis?

13. What are post hypnotic suggestions? What is post hypnotic amnesia? What are pseudomemories? What is the problem with “hypnotically refreshed” memories?

14. Can hypnotized persons remember things that happened to them as far back as birth?

15. What is the divided consciousness (Hilgard’s) theory of hypnosis? What is a hidden observer? What does the social influence theory (Spanos) say that hypnosis is? What is the motivation for acting hypnotized? What is dissociation of consciousness? What is the difference between the two theories?