Lecture 7: Consciousness
Psychology 101

Consciousness?

Dreams

Drug Altered States

Consciousness
Our __________________ of ourselves and our environment
Regulate thought and behavior – control
Subjective feeling, access to __________________________, self-knowledge

Unconscious
Processes which are not available to conscious awareness, because they are:
cognitively __________________________
psychologically __________________________

Sleep: Quick Quiz
When people dream of performing some activity, their limbs often move in concert with their dream
Older adults sleep more than young adults
Sleep walkers are acting out their dreams
Sleep experts treating insomnia with an occasional sleeping pill
Some people dream every night; others seldom dream

What is sleep?
Sleep is a Biological __________________________
Other examples of Biological Rhythms
__________________________
Appetite
Bird migrations
Bear __________________________
Sleep: Circadian Rhythms

The Circadian Rhythm
Our sleep and awake clock
Controlled by
External cues: __________________________
Hormone levels
Change across __________________________
Older people are morning “__________________”
Younger people are night “__________________”

Stages of Sleep
Early in Sleep
  Stage 1 and Stage 2
  Quick alpha and beta waves
  _______________ Sleep
  Stage 3 and Stage 4
  Slow delta waves
  _______________ Sleep
  Similar to being awake

**Progression of Sleep**
Early in the _______________
  More time in deep sleep
Later at _______________
  More time in REM sleep

**Why do we sleep?**
Do we really need 8 hours of sleep?
That depends on you
Some can function on _______________
Others can function on _______________
Older adults function on _______________ than younger adults

**Effects of Sleep Deprivation**

**Are you getting enough sleep?**

**Sleep Deprivation**
REM sleep deprivation
  leads to memory problems
Deep Sleep deprivation
  leads to body aches
World Record for Sleep Deprivation: ________________________________

**Problems with Sleep**
_________________
Not sleeping
Narcolepsy
  Suddenly beginning _____________________ sleep during the daytime
Sleep ___________________
  Ceasing to breathe while sleeping
Sleepwalking
Restless ________________________________

**Dreams**
_________________ DREAMS!!!!
Not just during REM sleep, but Stage 4 too
REM dreams are more often remembered and usually more vivid than
_______________ dreams

**Dream Theories**

___________________: Dreams are our way to remember important information
REM sleep deprivation leads to memory problems
___________________: Dreams represent our unconscious desires
Typically, people in dreams do NOT represent themselves, but are just a representative

**Freudian Dream Theory**

___________________ Content
remembered story line
Latent Content
underlying meaning
Typically, imagery is ______________________
___________________ = breasts
___________________ = female sexual organs
___________________ = phallic symbols

**Hypnosis**
Possibly a split of ____________________________
Can alleviate pain
Most of the time, the things that someone does when hypnotized are the same things that
people can do when not hypnotized
Power of ___________________