**AP Psychology Ch. 4: Consciousness & Its Variations**

**\*Consciousness**:

1.

2.

**\*Attention**

1.

2.

3.

**\*Multi-tasking**

**\*Circadian Rhythms**

Define:

Examples:

w/o cues:

**\*The Body’s Clock**

SCN:

Melatonin:

Epinephrine:

**\*Jet Lag**

Define:

Hormone:

**\*Modern Sleep Research**

EEG

**\*Two Types of Sleep:**

**\*Sleep Labs—Measure**

**\*Newborn Sleep**

**Sleep**

|  |  |  |  |
| --- | --- | --- | --- |
|  | Characteristics | Key Term(s) | Brain Waves (EEG and name) |
| Sleep Onset |  |  |  |
| NREM Stage 1 |  |  |  |
| NREM Stage 2 |  |  |  |
| NREM Stage 3 |  |  |  |
| NREM Stage 4 |  |  |  |
| REM |  |  |  |

**Functions of Sleep**

|  |  |  |
| --- | --- | --- |
|  |  |  |
| Adaptive Theory of Sleep | Define: | Example: |
| Sleep & Memory | New Memories |  |
| Sleep Deprivation | Microsleeps | REM Rebound |

**Dreams & Mental Activity During Sleep**

1. Dreams

 a.

 b.

2. Sleep Thinking

3. Lucid Dreams

4. Domhoff’s Findings p. 148

5. Nightmares

6. Psychoanalytic Interpretation of Dreams

 a. Freud

 b. Manifest Content

 c. Latent Content

7. Activation Synthesis Model of Dreams

 a. AIM Model

b. Hobson & McCarley

 c. Activation

d. Synthesis

8. Neurocognitive Model of Dreaming

**Sleep Disorders**

**A. Dyssomnias**

1. Insomnia

2. Obstructive Sleep Apnea

3. Narcolepsy

**B. Parasomnias**

4. Sleep Terrors (Night Terrors)

5. Sleep Walking/Talking/Eating

**Hypnosis**

a. definition

b. Effects

c. Help

d. Post-hypnotic suggestion

e. Post-hypnotic amnesia

f. Hilgard’s Neodissociation Theory

**Meditation**

a. Open Monitoring Techniques

b. Effects