Chapter 3: Consciousness and the Two-Track Mind

Memory aid: In Latin, *circa* means “about” and *dies* means “day.” A **circadian rhythm** is one that is about a day, or 24 hours, in duration.

8. **REM sleep** is the sleep stage in which the brain and eyes are active, the muscles are relaxed, and vivid dreaming occurs; also known as **paradoxical sleep**. (p. 93)

   Memory aid: REM is an acronym for rapid eye movement, the distinguishing feature of this sleep stage that led to its discovery.

9. **Alpha waves** are the relatively slow brain waves characteristic of an awake, relaxed state. (p. 94)

10. **Sleep** is the natural, periodic, reversible loss of consciousness, on which the body and mind depend for healthy functioning. (p. 94)

11. **Hallucinations** are false sensory experiences that occur without any sensory stimulus. (p. 95)

12. **Delta waves** are the large, slow brain waves associated with deep sleep. (p. 95)

13. **Insomnia** is a sleep disorder in which the person regularly has difficulty in falling or staying asleep. (p. 101)

14. **Narcolepsy** is a sleep disorder in which the victim suffers sudden, uncontrollable sleep attacks, often characterized by entry directly into REM. (p. 102)

15. **Sleep apnea** is a sleep disorder in which the person ceases breathing while asleep, briefly arouses to gasp for air, falls back asleep, and repeats this cycle throughout the night. (p. 102)

   Example: One theory of the sudden infant death syndrome is that it is caused by sleep apnea.

16. A person suffering from **night terrors** experiences episodes of high arousal with apparent terror. Night terrors usually occur during Stage 4 sleep. (p. 103)

17. **Dreams** are sequences of images, emotions, and thoughts, the most vivid of which occur during REM sleep. (p. 104)

18. In Freud’s theory of dreaming, the **manifest content** is the remembered story line. (p. 104)

19. In Freud’s theory of dreaming, the **latent content** is the underlying but censored meaning of a dream. (p. 105)

   Memory aids for 18 and 19: Manifest means “clearly apparent, obvious”; latent means “hidden, concealed.” A dream’s manifest content is that which is obvious; its latent content remains hidden until its symbolism is interpreted.

20. **REM rebound** is the tendency for REM sleep to increase following REM sleep deprivation. (p. 107)

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**Key Terms**

**Writing Definitions**

1. For most psychologists, consciousness is our awareness of ourselves and our environment. (p. 86)

2. **Cognitive neuroscience** is the interdisciplinary field that studies the links between brain activity and cognition. (p. 87)

3. **Dual processing** is the principle that information is often simultaneously processed on separate conscious and unconscious tracks. (p. 87)

4. **Selective attention** is the focusing of conscious awareness on a particular stimulus. (p. 89)

5. **Inattentive blindness** is a perceptual error in which we fail to see visible objects when our attention is directed elsewhere. (p. 90)

6. **Change blindness** occurs when we fail to notice changes in the environment. (p. 90)

7. A **circadian rhythm** is any regular bodily rhythm, such as body temperature and sleep-wakefulness, that follows a 24-hour cycle. (p. 92)
21. **Hypnosis** is a social interaction in which one person (the hypnotist) suggests to another (the subject) that certain perceptions, feelings, thoughts, or behaviors will spontaneously occur. (p. 108)

22. A **posthypnotic suggestion** is a suggestion made during a hypnosis session that is to be carried out when the subject is no longer hypnotized. (p. 109)

23. **Dissociation** is a split between different levels of consciousness, allowing a person to divide attention between two or more thoughts or behaviors. (p. 111)

24. **Psychoactive drugs**—which include stimulants, depressants, and hallucinogens—are chemical substances that alter moods and perceptions. They work by affecting or mimicking the activity of neurotransmitters. (p. 112)

25. **Tolerance** is the diminishing of a psychoactive drug’s effect that occurs with repeated use, requiring progressively larger doses to produce the same effect. (p. 113)

26. **Withdrawal** refers to the discomfort and distress that follow the discontinued use of addictive drugs. (p. 113)

27. **Physical dependence** is a physiological need for a drug that is indicated by the presence of unpleasant withdrawal symptoms when the drug is not taken. (p. 113)

28. The psychological need to use a drug is referred to as **psychological dependence.** (p. 113)

29. An **addiction** is a compulsive craving for a drug despite adverse consequences and withdrawal symptoms. (p. 113)

30. **Depressants** are psychoactive drugs, such as alcohol, opiates, and barbiturates, that reduce neural activity and slow body functions. (p. 114)

31. **Barbiturates** are depressants, sometimes used to induce sleep or reduce anxiety. (p. 116)

32. **Opiates** are depressants derived from the opium poppy, such as opium, morphine, and heroin; they reduce neural activity and temporarily lessen pain and anxiety. (p. 116)

33. **Stimulants** are psychoactive drugs, such as caffeine, nicotine, amphetamines, and cocaine, that excite neural activity and speed up body functions. (p. 117)

34. **Amphetamines** are a type of stimulant and, as such, speed up body functions and neural activity. (p. 117)

35. **Methamphetamine** is a powerfully addictive stimulant that speeds up body functions and is associated with energy and mood changes. (p. 117)

36. Classified as both a synthetic stimulant and a mild hallucinogen, **Ecstasy (MDMA)** produces short-term euphoria by increasing serotonin levels in the brain. Repeated use may permanently damage serotonin neurons, suppress immunity, and impair memory and other cognitive functions. (p. 120)

37. **Hallucinogens** are psychedelic drugs, such as LSD and marijuana, that distort perceptions and evoke sensory images in the absence of sensory input. (p. 121)

38. **LSD** (lysergic acid diethylamide) is a powerful hallucinogen capable of producing vivid false perceptions and disorganization of thought processes. LSD produces its unpredictable effects partially because it blocks the action of a subtype of the neurotransmitter serotonin. (p. 121)

39. The major active ingredient in marijuana, THC is classified as a mild hallucinogen. (p. 122)

40. The **near-death experience** is an altered state of consciousness that has been reported by some people who have had a close brush with death. (p. 127)