

- 4. thinking; memory; evening; morning
- 5. jet lag; time; shifts
- bright light; retinas; pineal; melatonin; suprachiasmatic nucleus; adenosine; inhibit; sleep schedules
- 7. 5
- 8. eyes; dreams; REM sleep
- 9. alpha
- 10. hypnagogic; hallucinations; memories
- 11. sleep spindles
- 12. delta; 3; 4; slow-wave; difficult; walking

During REM sleep, brain waves become as rapid as those of Stage 1 sleep, heart rate and breathing become more rapid and irregular, and genital arousal and rapid eye movements occur.

- 13. active; relaxed; paradoxical
- 14. dream; visual; auditory
- 15. 90; briefer; longer; 20 to 25
- 16. two-thirds; one-third
- 17. genes; identical; culture
- 18. sleep deprivation
- **19.** 8 or 9; 2; Dement; accidents; immune; aging; obesity; hypertension; memory impairment

The major effect of sleep deprivation is sleepiness. Other effects include impaired creativity, concentration, and communication; slowed performance; and irritability.

- **20.** protect; brain; metabolism; free radicals; neurons; memory; creative
- 21. pituitary; less; less
- 22. insomnia; reduce
- **23.** narcolepsy; REM; muscular tension; hypothalamus; hypocretin
- 24. sleep apnea; overweight men
- **25.** night terrors; 4; sleepwalking; sleeptalking; run; young children; lengthiest; deepest
- 26. REM; lucid
- 27. negative; attacked, pursued, or rejected
- 28. males; is
- 29. manifest; latent content
- 30. erotic; conflicts
- **31.** information; memory
- 32. physiological; stimulation; infants
- 33. neural; brainstem; activation-synthesis; limbic; limbic; amygdala; maturation; cognitive
- 34. need; REM rebound
- 35. does; do not; information-processing

Hypnosis

- 1. social interaction; Mesmer; animal magnetism
- 2. does not; are
- 3. somewhat

Those who are most susceptible frequently become deeply absorbed in imaginative activities. They also tend to have rich fantasy lives.

- 4. will
- 5. age regression; no more
- 6. authoritative; context
- 7. posthypnotic
- 8. addictions; does not
- 9. is
- 10. can; dissociates; attention
- 11. attending; sensory; sensory
- normal consciousness; social influence

The behavior of hypnotized subjects is not fundamentally different from that of other people. Therefore, hypnosis may be mainly a social phenomenon, with hypnotized subjects acting out the role of a "good hypnotic subject."

- 13. dissociation
- 14. hidden observer; social

The social influence and divided consciousness views work together to explain hypnosis as an extension both of normal principles of social influence and of everyday dissociations between our conscious awareness and our automatic behaviors.

Drugs and Consciousness

- 1. psychoactive
- 2. tolerance, neuroadaptation
- 3. withdrawal; dependence; psychological; addicted

The following myths about addiction are false:

- **a.** Taking a psychoactive drug automatically leads to addiction.
- **b.** One cannot overcome an addiction without professional help.
- c. The addiction-as-disease-needing-treatment model is applicable to a broad spectrum of pleasure-seeking behaviors.
- **4.** depressants; stimulants; hallucinogens; neurotransmitters; expectations
- 5. calm; slow; depressant; sympathetic
- aggressive; helpful; sexually; long-term; REM sleep
- 7. shrinking; women; self-awareness; immediate situation; future consequences

Studies have found that if people believe that alcohol affects social behavior in certain ways, then, when they drink alcohol (or even mistakenly think that they have been drinking alcohol), they will behave according to their expectations, which vary by culture. For example, if people believe alcohol promotes sexual feeling, on drinking they are likely to behave in a sexually aroused way.

- 8. barbiturates
- 9. depress; opiates; endorphins
- **10.** caffeine; nicotine; amphetamines; cocaine, Ecstasy; methamphetamine; are
- 11. dopamine; norepinephrine; serotonin; reuptake; synapses
- 12. expectations; personality; situation
- **13.** Ecstasy; stimulant; mild hallucinogen; dopamine; serotonin; serotonin; circadian; immune system; memory; cognitive
- 14. psychedelics; MDMA; serotonin; blocking
- **15.** THC; AIDS; cancer, lung damage, and pregnancy complications

Like alcohol, marijuana relaxes, disinhibits, and may produce a euphoric feeling. Also like alcohol, marijuana impairs perceptual and motor skills. Marijuana is a mild hallucinogen; it can amplify sensitivity to colors, sounds, tastes, and smells. Marijuana also interrupts memory formation.

- 16. opposing emotions
- 17. increased; drug education
- 18. have; more
- 19. biological; more; dopamine reward

A psychological factor in drug use is the feeling that one's life is meaningless and lacks direction. Regular users of psychoactive drugs often have experienced stress or failure and are somewhat depressed. Drug use often begins as a temporary way to relieve depression, anger, anxiety, or insomnia. A powerful social factor in drug use, especially among adolescents, is peer influence. Peers shape attitudes about drugs, provide drugs, and establish the social context for their use.

- 20. varies; cultural; ethnic
- 21. lowest; peer
- **22. a.** education about the long-term costs of a drug's temporary pleasures
 - **b.** efforts to boost people's self-esteem and purpose in life
 - c. attempts to "inoculate" youth against peer pressures

Near-Death Experiences

- 1. hallucinations; oxygen
- 2. dualists; monists

