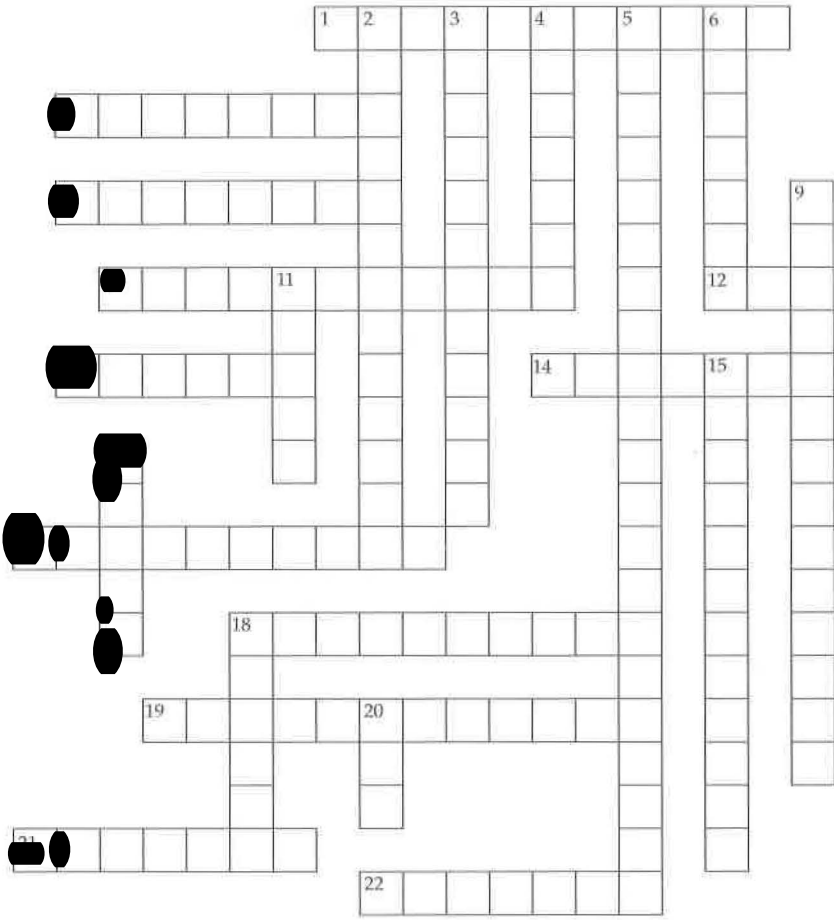


[REDACTED]



**ANSWERS**

**Chapter Review**

*Consciousness and Information Processing*

- 1. consciousness; behavior
- 2. brain activity; mental concepts

Consciousness is our awareness of ourselves and our environment.

- 3. before; limited; slow; successively
- 4. require

*Sleep and Dreams*

- 1. biological rhythms; annual cycles; appetite, sleep length, and moods
- 2. seasonal affective disorder; 28; menstrual cycle; 24; alertness, body temperature, and growth hormone secretion; 90
- 3. circadian rhythm

4. thinking; memory; evening; morning
5. jet lag; time; shifts
6. 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
12. 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
6. aggressive; helpful; sexually; long-term; REM sleep
7. shrinking; women; self-awareness; immediate situation; future consequences

