

Unit 5- STATES OF CONSCIOUSNESS
Sleep, Sleep Disorders and Dreams Practice Questions
Ms Carey

Name: _____ Date: _____

1. The school of thought in psychology that systematically avoided the study of consciousness during the first half of the last century was
 - A) psychoanalysis.
 - B) behaviorism.
 - C) functionalism.
 - D) structuralism.
 - E) Gestalt psychology.

2. Consciousness is
 - A) the ability to solve problems, reason, and remember.
 - B) the sudden and often novel realization of the solution to a problem.
 - C) the process of organizing and interpreting sensory information.
 - D) effortless encoding of incidental information into memory.
 - E) our awareness of ourselves and our environment.

3. How is the hypothalamus involved in sleep?
 - A) Cell clusters in the hypothalamus stimulate the production of relatively slow alpha waves, signaling the transition from deep relaxation to sleep.
 - B) The hypothalamus triggers the pituitary gland in the endocrine system to produce the hormone thyroxin, which leads you to sleep.
 - C) During sleep the hypothalamus stimulates the production of free radicals, molecules that are toxic to neurons, which weakens unused connections.
 - D) In response to decreasing light the hypothalamus' suprachiasmatic nucleus causes the pineal gland to increase production of melatonin, leading you to sleep.
 - E) The action of the hypothalamus suppresses immune cell production that fights off viral infections and cancer.

4. Circadian rhythm refers to
 - A) the pattern of emotional ups and downs we routinely experience.
 - B) a pattern of biological functioning that occurs on a roughly 24-hour cycle.
 - C) the experience of sleep apnea following an extensive transoceanic flight.
 - D) the cycle of five distinct stages that we experience during a normal night's sleep.
 - E) a pattern of brain waves that occur during sleep.

5. Which of the following is true of melatonin?
- A) It is produced by the brain during the hypnagogic stage in NREM sleep.
 - B) Production of melatonin during sleep boosts our immune system, which helps us fight off viral infections.
 - C) It is a sleep hormone released by the pineal gland into the bloodstream.
 - D) It alters metabolic and hormonal functioning in ways that mimic aging.
 - E) It helps restore and repair brain tissue by increasing the production of free radicals.
6. Cindi prefers to take exams in the late afternoon rather than during the morning, because her energy level and ability to concentrate are better at that time. Her experience most likely reflects the influence of the
- A) REM rebound.
 - B) menstrual cycle.
 - C) circadian rhythm.
 - D) hypnagogic state.
 - E) NREM sleep.
7. With the approach of night, our body temperatures begin to drop. This best illustrates the dynamics of the
- A) hypnagogic state.
 - B) circadian rhythm.
 - C) alpha wave pattern.
 - D) REM rebound.
 - E) latent content.
8. After flying from California to New York, Arthur experienced a restless, sleepless night. His problem was most likely caused by a disruption of his normal
- A) dopamine production.
 - B) circadian rhythm.
 - C) hypnagogic sensations.
 - D) alpha wave patterns.
 - E) manifest content.
9. Our inability to fall asleep early as we had planned is most likely a reflection of
- A) dissociation.
 - B) narcolepsy.
 - C) the circadian rhythm.
 - D) night terrors.
 - E) sleep apnea.

10. Alpha waves are associated with
- A) REM sleep.
 - B) Stage 2 sleep.
 - C) Stage 3 sleep.
 - D) Stage 4 sleep.
 - E) relaxed but awake state.
11. Sleepwalking may occur during
- A) Stage 1 sleep.
 - B) Stage 2 sleep.
 - C) REM sleep.
 - D) Stage 4 sleep.
 - E) any stage of sleep.
12. At 3 o'clock in the morning, John has already slept for 4 hours. As long as his sleep continues, we can expect an increasing occurrence of
- A) sleepwalking.
 - B) hypnagogic sensations.
 - C) muscle tension.
 - D) REM sleep.
 - E) Stage 4 sleep.
13. The large, slow brain waves associated with deep sleep are called
- A) alpha waves.
 - B) beta waves.
 - C) delta waves.
 - D) theta waves.
 - E) sleep spindles.
14. Which of the following typically occur(s) during REM sleep?
- A) night terrors
 - B) genital arousal
 - C) bed-wetting
 - D) muscular tension
 - E) narcolepsy

15. REM sleep is called paradoxical sleep because
- A) our heart rate is slow and steady, while our breathing is highly irregular.
 - B) we are deeply asleep but can be awakened easily.
 - C) our nervous system is highly active, while our voluntary muscles hardly move.
 - D) it leads to highly imaginative dreams that are perceived as colorless images.
 - E) our brain and nervous system are less active and our muscles are very active.
16. Chronic sleep debt is most likely to promote
- A) sleep apnea.
 - B) obesity.
 - C) insomnia.
 - D) night terrors.
 - E) withdrawal.
17. Sleep deprivation has been shown to
- A) increase attentiveness to highly motivating tasks.
 - B) reduce hypertension.
 - C) diminish immunity to disease.
 - D) decrease narcolepsy.
 - E) decrease tolerance and increase withdrawal.
18. Deep sleep appears to play an important role in
- A) narcolepsy.
 - B) sleep apnea.
 - C) paradoxical sleep.
 - D) posthypnotic amnesia.
 - E) physical growth.
19. Slow-wave sleep promotes
- A) effective memory.
 - B) REM rebound.
 - C) narcolepsy.
 - D) insomnia.
 - E) dissociation.
20. Sleep apnea is a disorder involving
- A) the cessation of breathing during sleep.
 - B) periodic uncontrollable attacks of overwhelming sleepiness.
 - C) hypnagogic sensations of falling or floating weightlessly.
 - D) the excessive use of sleeping pills or other sleep-inducing drugs.
 - E) screams and panic during deep sleep.

21. Which of the following sleep disorders would be the most incapacitating for a commercial bus driver?
- A) night terrors
 - B) insomnia
 - C) sleepwalking
 - D) narcolepsy
 - E) sleep apnea
22. According to Freud, the latent content of a dream refers to
- A) its accompanying brain-wave pattern.
 - B) the previous day's events that prompted the dream.
 - C) the sensory stimuli in the sleeping environment that are incorporated into the dream.
 - D) its underlying but censored meaning.
 - E) the story line of our dreams.
23. Evidence suggests that we consolidate our memories of recent life events through
- A) dissociation.
 - B) neuroadaptation.
 - C) hypnagogic sensations.
 - D) REM sleep.
 - E) parallel processing.
24. The activation-synthesis theory best helps to explain why
- A) most dreams are realistic portrayals of pleasant life events.
 - B) people often experience sudden visual images during REM sleep.
 - C) dreams typically express unacceptable feelings in a symbolically disguised form.
 - D) individuals with sleep apnea are unable to recall any of their dreams.
 - E) some people experience insomnia throughout their lives.
25. REM rebound involves the
- A) tendency for REM sleep periods to become increasingly longer and more frequent as a normal night of sleep progresses.
 - B) increase in REM sleep that characteristically follows intense learning episodes or stressful daytime experiences.
 - C) unusual symptoms of tiredness and irritability that follow periods of REM sleep deprivation.
 - D) tendency for REM sleep to increase following REM sleep deprivation.
 - E) replacement of REM sleep with NREM sleep.

Answer Key

1. B
2. E
3. D
4. B
5. C
6. C
7. B
8. B
9. C
10. E
11. E
12. D
13. C
14. B
15. C
16. B
17. C
18. E
19. A
20. A
21. D
22. D
23. D
24. B
25. D