

Unit 5- States of Consciousness Review Booklet

1. The impact of circadian rhythms is best illustrated by
 - A) the differing musical preferences of younger and older persons.
 - B) fluctuations in energy level and alertness across the span of a day.
 - C) the different study habits of men and women.
 - D) the different personalities of people born during different months of the year.
 - E) varying levels of neurotransmitters during REM sleep.

2. 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.

3. After four years of working nights, Raymond now works days. His present difficulty in getting to sleep at night is most likely due to a disruption of his normal
 - A) circadian rhythm.
 - B) hypnagogic sensations.
 - C) alpha wave pattern.
 - D) sleep apnea.
 - E) physical dependence.

4. Sensory experiences that occur without a sensory stimulus are called
 - A) night terrors.
 - B) neuroadaptations.
 - C) dissociations.
 - D) hallucinations.
 - E) stressors.

5. 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.
6. 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) hypnagogic sensations.
 - B) muscle tension.
 - C) REM sleep.
 - D) NREM 3.
 - E) dissociation.
7. Forty-year-old Lance insists that he never dreams. Research suggests that he probably
- A) experiences very little REM sleep.
 - B) would report a vivid dream if he were awakened during REM sleep.
 - C) dreams during Stage 4 rather than during REM sleep.
 - D) experiences more Stage 4 sleep than most people.
 - E) passes through the sleep cycle much more rapidly than most people.
8. The pituitary gland releases a growth hormone during
- A) NREM 2 sleep.
 - B) NREM 1 sleep.
 - C) slow-wave sleep.
 - D) paradoxical sleep.
 - E) circadian sleep.
9. Mr. Dayton occasionally stops breathing while sleeping. He wakes up to snort air for a few seconds before falling back to sleep. Mrs. Dayton complains that her husband snores. Clearly, Mr. Dayton suffers from
- A) sleep apnea.
 - B) narcolepsy.
 - C) insomnia.
 - D) night terrors.
 - E) aphasia.

10. Josef, a high school student, tells his therapist that he has had a recurring dream in which he hunts and kills a ferocious tiger. The therapist explains that the dream reflects Josef's unresolved feelings of hostility toward his father. According to Freud, the therapist is revealing the possible _____ content of Josef's dream.
- A) manifest
 - B) latent
 - C) circadian
 - D) dissociated
 - E) delta
11. 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.
12. As a participant in a sleep-research study for the past three nights, Tim has been repeatedly disturbed during REM sleep. Tonight, when allowed to sleep undisturbed, Tim will likely experience
- A) an increase in REM sleep.
 - B) sleep apnea.
 - C) insomnia.
 - D) dissociation.
 - E) an increase in NREM sleep.
13. Ernest Hilgard suggested that participants felt little pain when their arms were lowered into ice baths because
- A) being caught up in playing the role of a "good subject" they could ignore the pain.
 - B) the presence of a hypnotist they liked and trusted led them to adopt the "pain control" suggestions.
 - C) they expected that the ice baths would not cause pain.
 - D) hypnosis dissociates the pain sensation from the emotional suffering that people expect from pain.
 - E) most hypnotized people are consciously faking hypnosis.

14. People hypnotized for pain relief may show activity in brain areas that receive pain sensations but not in brain areas that make us consciously aware of the pain. This most directly supports the theory that hypnosis involves
- A) paradoxical sleep.
 - B) narcolepsy.
 - C) dissociation.
 - D) hallucinations.
 - E) social influences.
15. Alcohol, marijuana, cocaine, and a wide variety of other chemical agents that alter perceptions and moods are called
- A) stimulants.
 - B) narcotic agents.
 - C) psychoactive drugs.
 - D) hallucinogens.
 - E) physiological dependents.
16. As drug users experience neuroadaptation, they demonstrate signs of
- A) dissociation.
 - B) narcolepsy.
 - C) tolerance.
 - D) hallucinations.
 - E) NREM.
17. Drugs such as alcohol and opiates that calm neural activity and slow body functions are called
- A) hallucinogens.
 - B) depressants.
 - C) endorphins.
 - D) amphetamines.
 - E) dissociatives.
18. Research indicates that alcohol
- A) impairs short-term recall of what has just been said.
 - B) disrupts the processing of recent experiences into long-term memories.
 - C) impairs recall of existing long-term memories.
 - D) increases REM sleep.
 - E) decreases latent content.

19. Obesity is a risk factor for developing which of the following sleep disorders?

- A) night terrors
- B) sleepwalking
- C) sleep apnea
- D) insomnia
- E) sleeptalking

20. Chronic sleep debt is most likely to promote

- A) sleep apnea.
- B) obesity.
- C) insomnia.
- D) night terrors.
- E) withdrawal.

Answer Key

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