Chapter 5
CONSCIOUSNESS

Section 1: The Study of Consciousness
Section 2: Sleep and Dreams
Section 3: Meditation, Biofeedback, and Hypnosis
Section 4: Drugs and Consciousness
Question: What is consciousness?

CONSCIOUSNESS

- Generally speaking, consciousness means awareness but there is more than one type of awareness.

  - Sensory awareness – conscious or aware of things outside yourself.

  - Direct inner awareness – being aware of things inside you.

  - Sense of self – aware of ourselves and our existence.
Question: What are the stages of sleep and what are several sleep problems?

FIVE STAGES OF SLEEP

- Stage 1 is light sleep that produces the alpha waves typical of relaxation
- Stages 2, 3, and 4 are deeper and during stages 3 and 4 the brain produces delta waves
- Stage 4 is the stage of deepest sleep meaning the one that would be the most difficult to wake up from
- Final stage is rapid-eye-movement (REM) sleep, in which dreams and nightmares occur
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Section 2: Sleep and Dreams

Question: What are the stages of sleep and what are several sleep problems?

SLEEP PROBLEMS INCLUDE:

- Insomnia – the inability to sleep
- Nightmares – caused by a variety of events such as work or even depression
- Night Terrors – more severe than nightmares but are seldom remembered
- Sleepwalking – roaming about almost nightly during stages of deep sleep
Question: What are the stages of sleep and what are several sleep problems?

SLEEP PROBLEMS INCLUDE: (continued)

- Sleep Apnea – breathing interruption that occurs during sleep
- Narcolepsy – a rare sleep disorder in which people fall asleep no matter what time it is or where they are
Question: What are meditation, biofeedback, and hypnosis?

MEDITATION, BIOFEEDBACK, AND HYPNOSIS

- Other altered states of consciousness occur when we are awake. These are achieved in the following ways:
  - *Meditation* – a systematic narrowing of attention that slows metabolism and helps produce feelings of relaxation
  - *Biofeedback* – a system for monitoring and feeding back information about certain biological processes, such as blood pressure
  - *Hypnosis* – a condition in which people appear to be highly suggestible and to behave as if they are in a trance
Question: In what ways do various types of drugs affect consciousness?

**DRUGS AND CONSCIOUSNESS**

- **Depressants** – slow the activity of the nervous system and give people a sense of relaxation but can have negative effects.
- **Narcotics** – addictive depressants that have been used to relieve pain and induce sleep and can give the user a feeling of pleasure.
- **Stimulants** – increase the activity of the nervous system and speed up the heart and breathing rate. Stimulants include nicotine, amphetamines, and cocaine.
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Section 4: Drugs and Consciousness

Question: In what ways do various types of drugs affect consciousness?

STIMULANTS

- **Nicotine** – a drug found in tobacco leaves that spurs the release of the hormone adrenaline which causes the heart rate to increase

- **Amphetamines** – help people stay awake and reduce appetite

- **Cocaine** – a stimulant derived from the leaves of the coca plant which produces feeling of pleasure, reduces hunger, deadens pain, and boosts self-confidence
Question: What are the various meanings of consciousness?

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