

States of consciousness

Consciousness - awareness of ourselves and others
Includes thoughts, feelings, sensations, and perceptions

Divided consciousness - allows us to perform more than one task at a time
Ex. Make dinner, talk on phone, watch tv

May 18-12:44 PM

Unconsciousness - lack of awareness of one's surroundings or loss of consciousness
Ex. Sleep and dreaming
Head trauma
Surgical anesthesia
Coma
<http://video.today.msnbc.msn.com/today/49898960#49898960>

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Altered States of consciousness

- Daydreaming
- Meditation
- Hypnosis
- Drug use

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Sleep and Dreaming

1. Hypothalamus is responsible for controlling the sleep/wake cycle



hypothalamus ipq

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2. Circadian rhythms - cycle that regulates our bodily processes (sleep, hormone levels, heart rate)

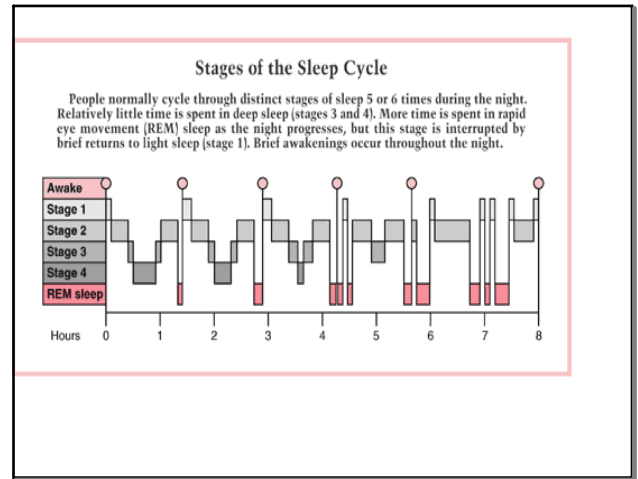
Melatonin - hormone that helps with sleep
Lack of light - SAD

Jet lag - disruption of the circadian rhythm
Ex. Travel, daylight savings

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3. Sleep cycles
- Stage 1 - muscles relax, pulse slows, breathing becomes uneven (10 min)
 - Stage 2 - eyes roll side to side, easily awakened (30 min)
 - Stage 3 - low voltage waves, difficult to wake
 - Stage 4 - deepest sleep, where talking, bed wetting, sleep walking occur (1-1.5 hours)

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Active sleep

- REM - rapid eye movement
- where dreams take place
- go from stage 1-4 and back to 1
- cycles begin every 90 min.

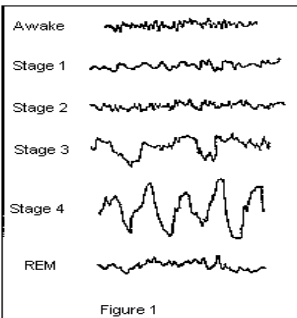
<http://www.everydayhealth.com/news/you-remember-your-dreams-your-brain-might-n>

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Change in sleep patterns

- Birth-1 year - 18 hours of sleep/day
- Children - 10 hours/day
- Early bed/early rise
- Pre-teen/adolescence - 10 hour/day
- Late bed/late rise
- 20 and up - 7-8 hours/day

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May 21-10:23 AM

Sleep and memory

<http://ed.ted.com/lessons/the-benefits-of-a-good-night-s-sleep-shai-marcu>

Jan 7-10:37 AM

Sleep disorders
 Insomnia
 3 types
 Trouble falling asleep
 Trouble staying asleep
 Wake early/can't fall asleep again

 Characteristics
 1. higher anxiety levels
 2. more tension in the forehead

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Narcolepsy
 A sudden sleep attack during the daytime hours
 Ex. Talking to someone and instantly falling asleep
 REM disorder - immediately into REM

http://www.youtube.com/watch?v=wN1_yS6_5T4
<http://www.youtube.com/watch?v=3MBCeKn0Oeo>
<http://www.youtube.com/watch?v=eCYyxN8byAk&feature=related>

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Apnea
 Stops breathing up to 500 times a night
 *can last up to 90 sec.
 Person is unaware of loss of breath
 Structural abnormality - enlarged tonsils, thick palate, overweight
 Snore very loud

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SIDS
 Crib death
 Causes:
 1. immaturity of the central nervous system
 2. premature are more vulnerable
 3. respiratory infection
 4. drugs while pregnant
 5. second hand smoke

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Sleepwalking
 Children more than adults
 Eyes open
 Deep sleep

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Nightmare Disorder
 Nightmares that are very vivid and intense
 Themes: falling/fleeing
 Caused by stress

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Night terrors

- More intense than nightmares
- Occur in deep sleep, not REM
- Begin with loud, panicky screams
- Move wildly in bed, talk, scream

<http://www.youtube.com/watch?v=pfwFakpOK74>

<http://www.youtube.com/watch?v=UQXJWzLjzLk>

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Restless leg syndrome

<http://www.youtube.com/watch?v=k2eGoHk9AAc>

Strategies to help sleep

1. relaxation techniques
2. avoid worrying about days problems
3. regular routine

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Dreams

- Mental activity during sleep - REM
- Dream interpretation
- Freud
- Dreams contain clues to thoughts and events people are afraid to acknowledge
- Hidden meanings
- Personal interpretation

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Hypnosis

- Altered consciousness where a person becomes highly suggestible
- Focused attention
- Ex. Quit smoking

How it works

- Hypnotist guides/directs
- Subject becomes highly receptive/responsive to suggestions
- Lose interest in external distractions

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Inducing a trance

1. Braid method - sparkling object or ornament suspended by a cord- subject focuses attention
2. Eye method - eyeball to eyeball with hypnotist
3. Machine method - spins a disk

Posthypnotic suggestions

- Helps change behavior i.e smoking

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Value of hypnosis

- Anesthesia - used for surgery/childbirth
- Hyper amnesia - helps with repression

Stages of suggestibility

- 5% of pop. Insusceptible
- 25% show symptoms but not in a trance
- 10% reach light trance
- 25% medium trance
- 25% deep trance

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Best subjects
 Teens/early 20's
 Above average IQ

Autohypnosis (self-hypnosis)
 Daydreaming
 Guided imagery

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Drugs
 What is abuse?
 1. Pathological use
 a. Wrong reasons

2. Impairment of occupational/social functioning
 3. last for 1 month

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Drug dependence - physical dependence
 Withdrawal when quit
 Tolerance - will develop a tolerance

Psychological dependence - habitual use of a drug to satisfy psych. Need
 Ex. Marijuana

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Depressants - slow the central nervous system
 CNS - brain and spinal cord
 Alcohol
 Opiates - i.e. morphine & heroin
 Rohypnol - date rape drug

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Stimulants - heighten activity of CNS
 Ecstasy, nicotine, caffeine, cocaine

Amphetamines - increase levels of norepinephrine and dopamine, pleasurable feelings & decrease need for sleep

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Hallucinogens
 Marijuana - THC
 Increase heart rate/blood pressure
 Effects short term memory & learning
 Hashish - stronger amounts of THC
 LSD - flashbacks and vivid hallucinations
 Psilocybin - mushrooms

Inhalants
 Permanent damage to the NS
 fatal

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May 27-7:03 AM