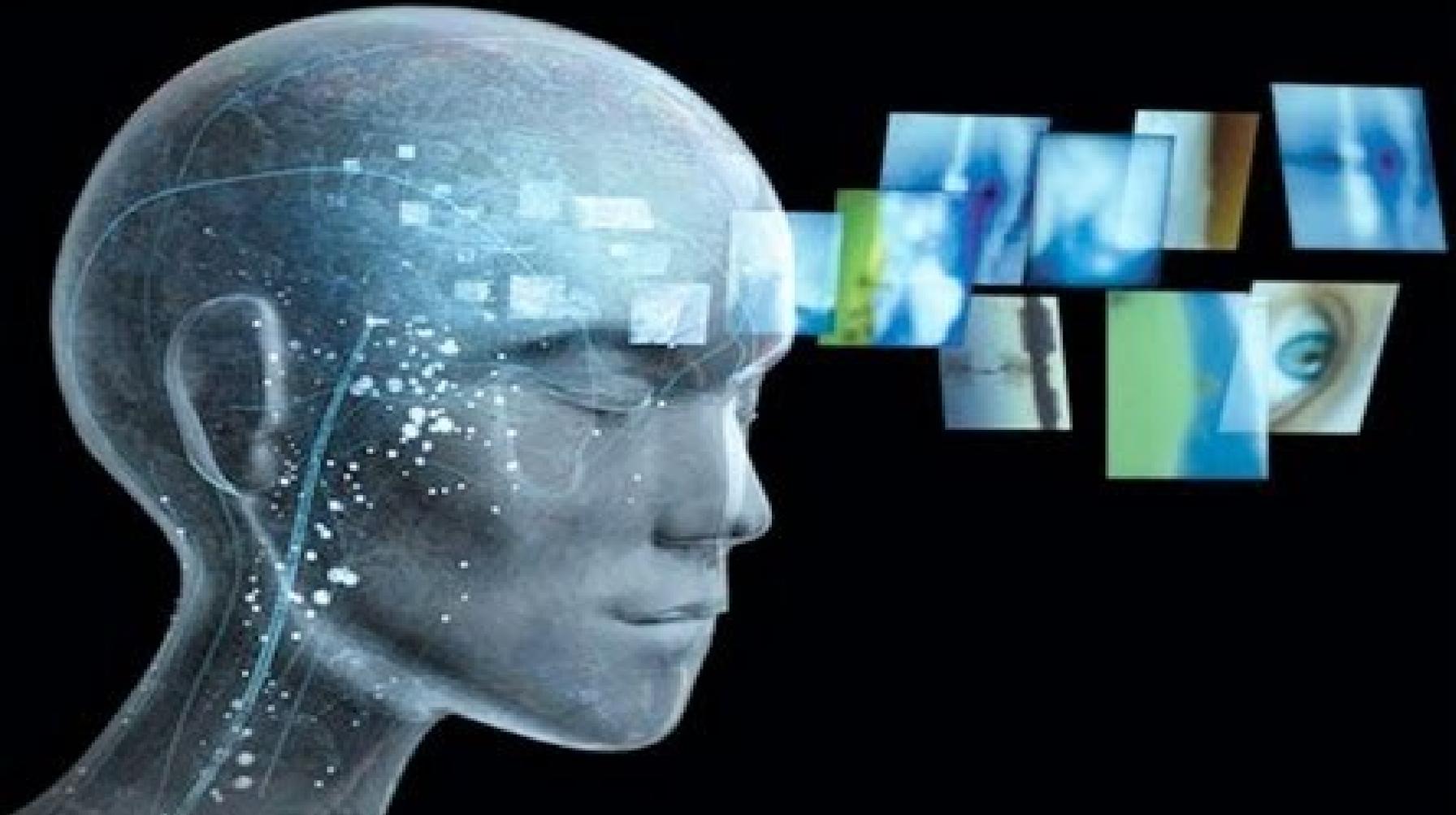


States of Consciousness



States of Consciousness



- Consciousness
 - our awareness of ourselves and our environment
- Levels of Consciousness
- Not an on/off switch (conscious vs. unconscious)

Reticular Activating System



- Allows for “Selective Attention”
 - the focusing of conscious awareness on a particular stimulus
 - cocktail party effect
 - Influenced by . . .
 - Environment
 - Personal factors
 - Biological Rhythms

Biological Rhythms



■ Circadian

- Approximately 1/24 hours
- the biological clock
- cyclical bodily rhythms
 - | wakefulness
 - body temperature

Biological Rhythms



- Ultradian
 - More than 1/24 hours
 - Hormone levels
 - Appetite

Biological Rhythms



▢ Infradian

- ▣ Less than 1/24 hours
- ▣ Fingernail production
- ▣ Hair growth
- ▣ Menstrual cycle





Levels of Consciousness



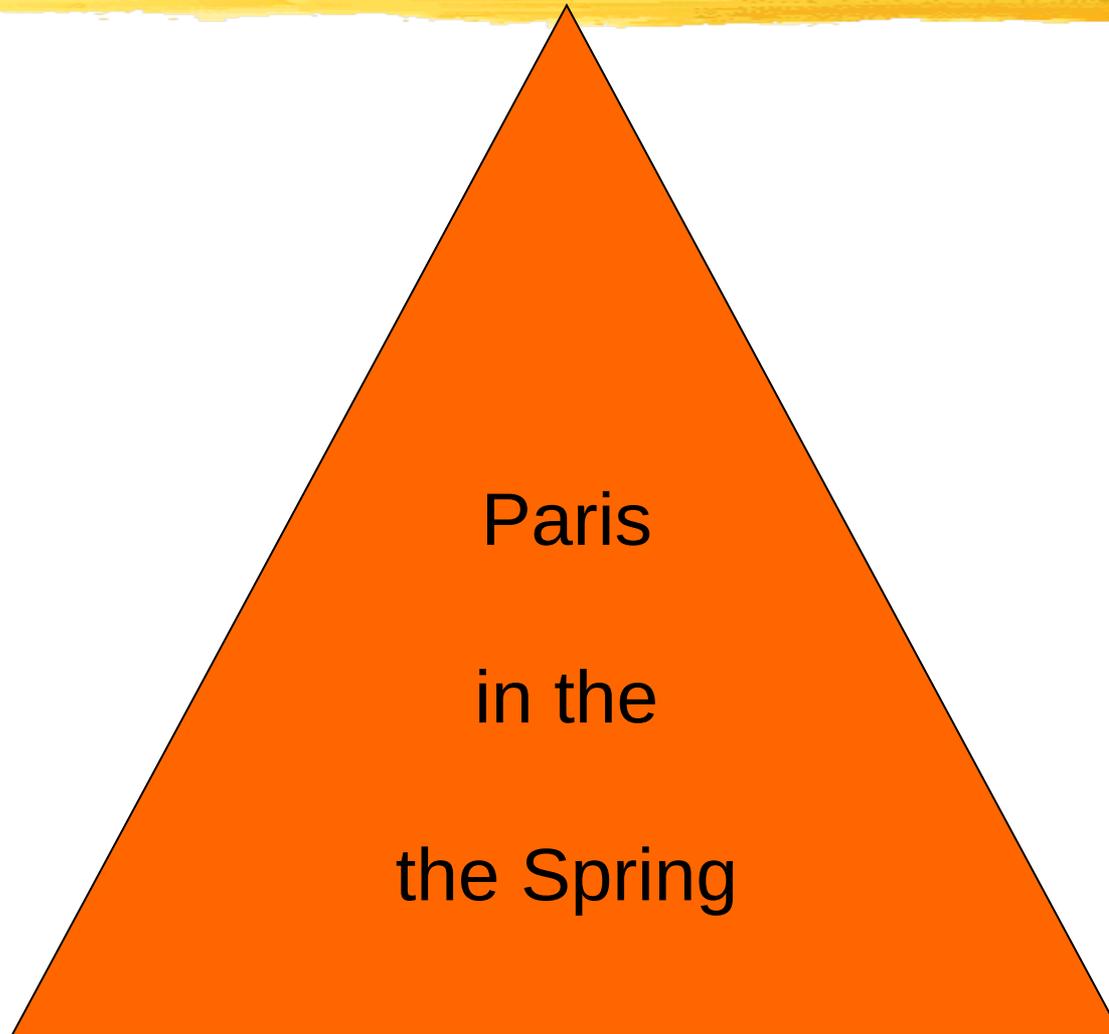
Loveisnowhere

Levels of Consciousness



Finished files are the result of years of scientific study combined with the experience of many years.

Levels of Consciousness

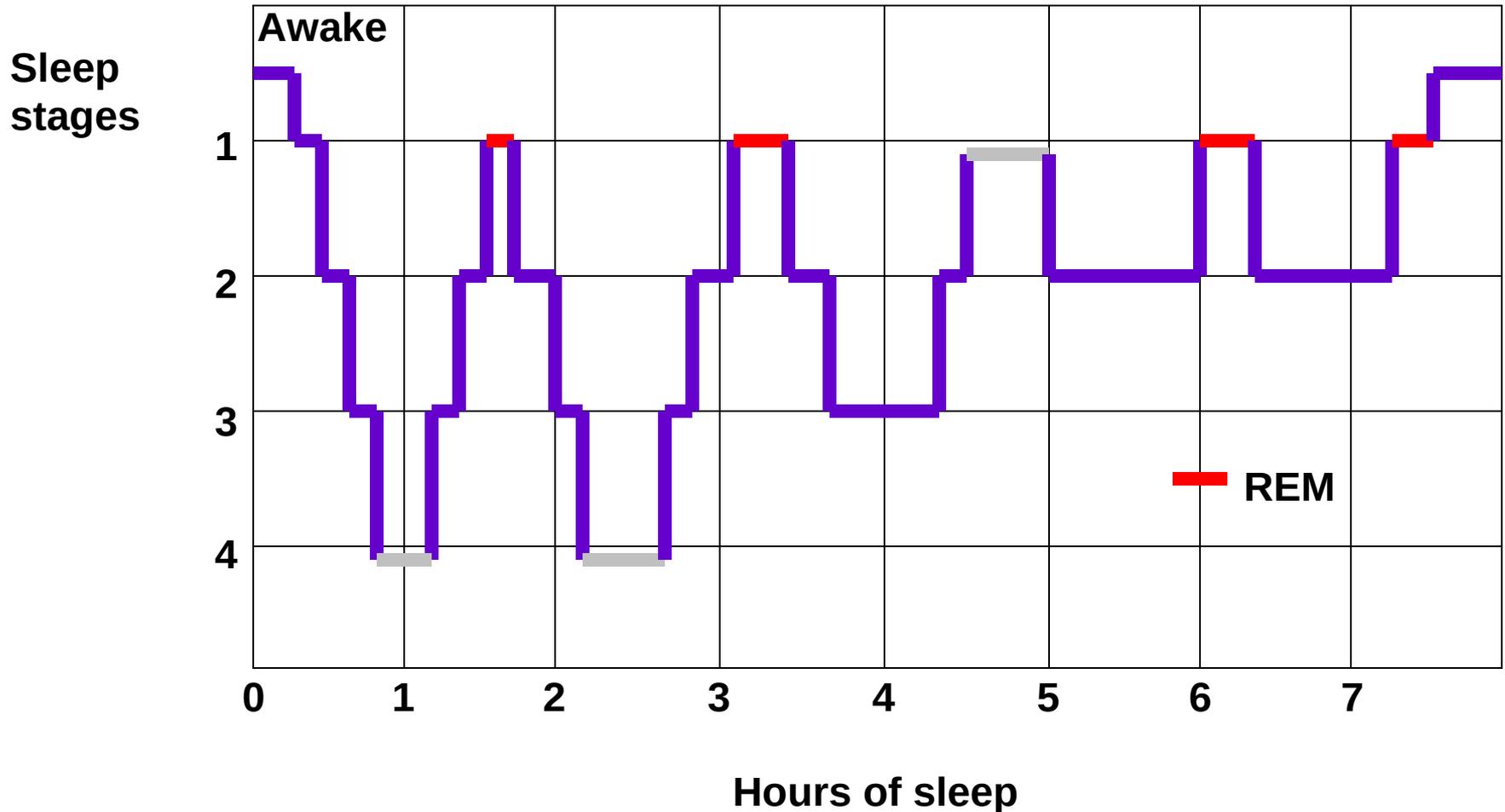


Levels of Consciousness



“.rat eht saw tac ehT”

Typical Nightly Sleep Stages



Sleep Deprivation



Effects of Sleep Loss

- fatigue
- impaired concentration
- immune suppression
- irritability
- slowed performance
 - accidents
 - planes
 - autos and trucks

Sleep Disorders



□ Klein-Levin syndrome

- People fall asleep for days
- Probably due to a 26 or 27 hour circadian clock

□ Narcolepsy

- uncontrollable sleep attacks
- sufferer may lapse directly into REM sleep, often at inopportune times

Sleep Disorders



- Hypnophobia

- Fear of sleep

- Hypnalgia

- Sleep or dream pain

- Night Terrors

- high arousal-appearance of being terrified
- usually in Stage 4

Sleep Disorders



□ Insomnia

- recurring problems in falling or staying asleep
- 3 types
 - | Difficulty falling asleep
 - Repeated awakenings
 - Early awakenings

Bootzin's Procedure



- #1: go to bed only when sleepy
- #2: use your bed for sleeping only
- #3: if not asleep in 10 minutes, get up
- #4: repeat step #3 until you fall asleep quickly
- #5: get up at the same time every morning
- #6: do not take naps

Sleep Disorders



□ Sleep Apnea

- characterized by temporary cessations of breathing during sleep and consequent momentary reawakenings

Dreams: Theories



▮ # 1: Freud's Approach

▮ The Interpretation of Dreams (1900)

- ▮ dreams viewed as wish fulfillment
- ▮ discharge otherwise unacceptable feelings

Dreams



■ Manifest Content

- remembered story line of a dream

□ Latent Content

- underlying, censored meaning of a dream

Dreams: Theories



- # 2: Information Processing
 - Giving coherence to disparate elements
 - Filing metaphor
- # 3: Random brain stem firing
 - Cerebral cortex imputes meaning