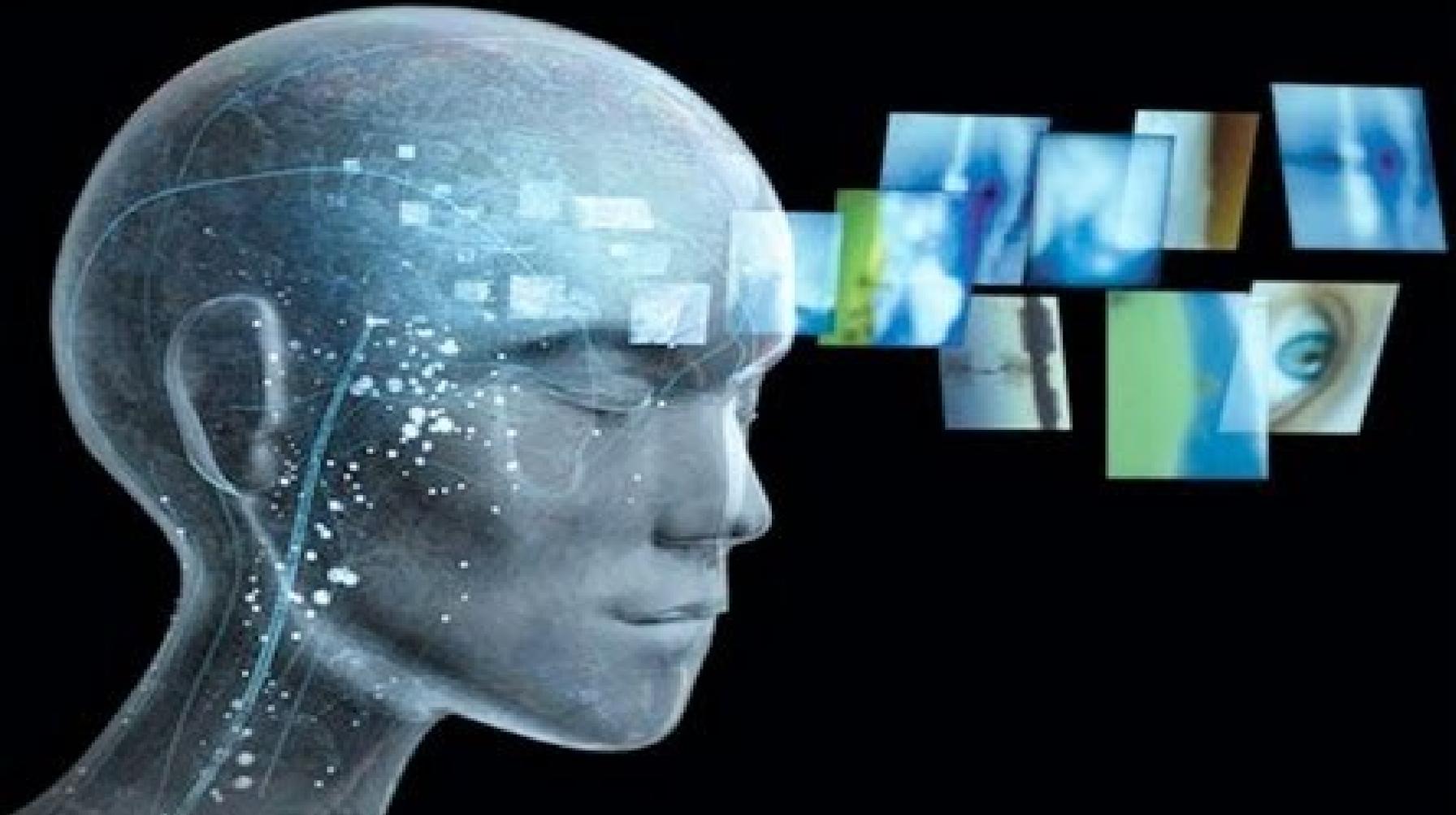


# States of Consciousness



# 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



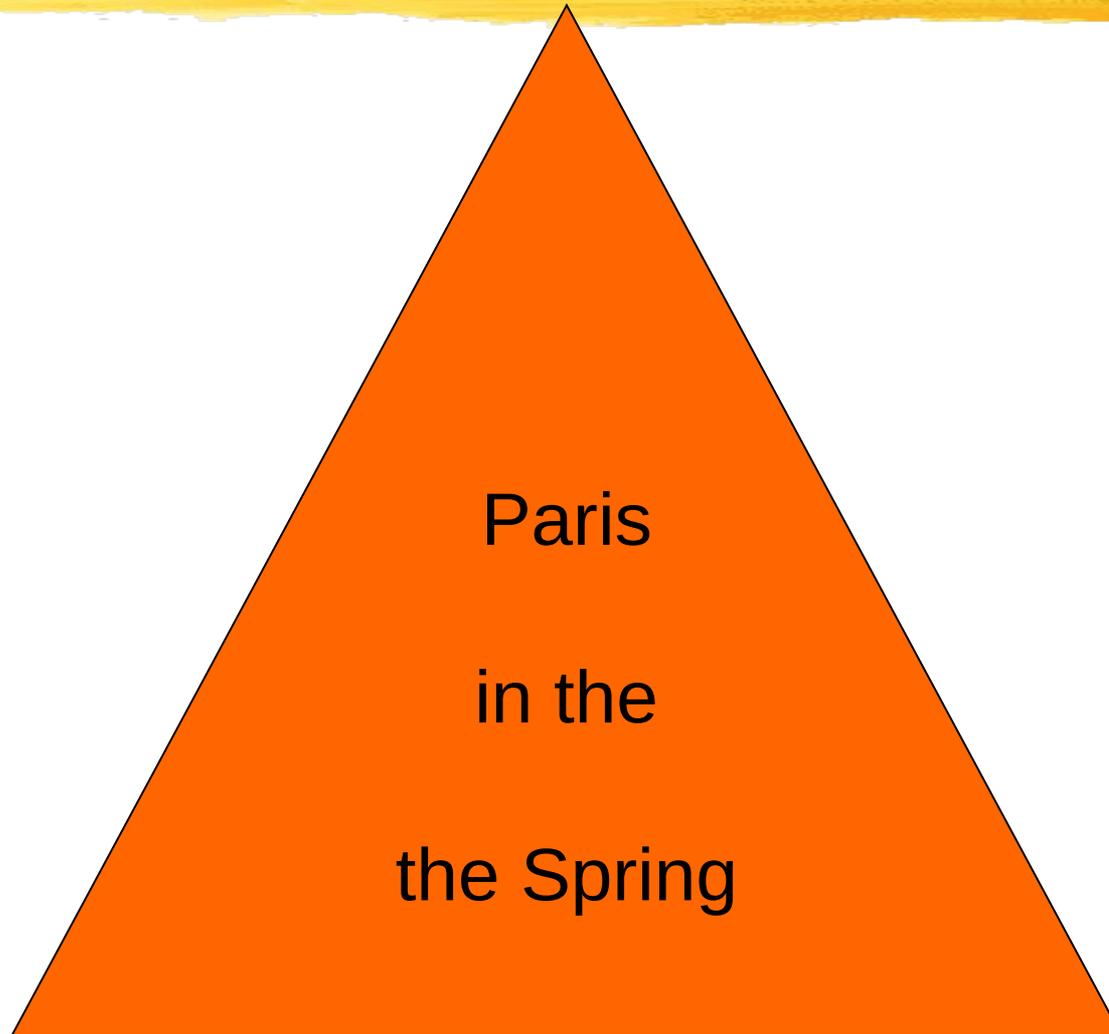
Loveisnowhere

# Levels of Consciousness



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

# Levels of Consciousness

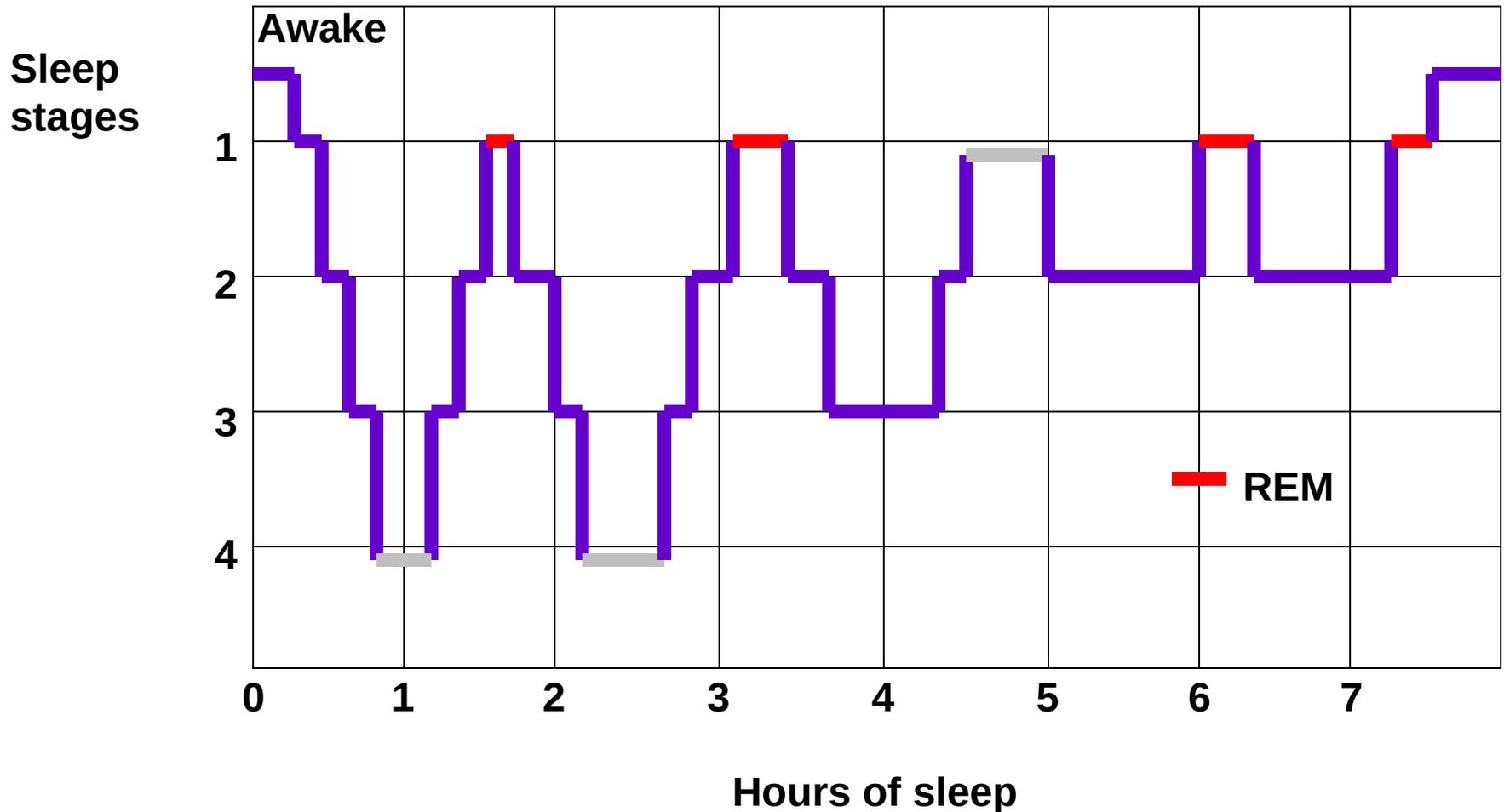


# Levels of Consciousness



“.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