

## Chapter 4

1. Hypnosis is an extreme focus on self that involves suggested changes of behavior and experience. Meditation is the act of focusing on a single target such as breath or repeated sound to increase awareness of the moment. The difference between hypnosis and meditation is that hypnosis reflects on some thing that should be changed and meditation reflects on your present moment and that nothing needs to be changed but just to be aware of your environment and Hypnosis requires mostly on unawareness.

2. The two different kinds of consciousness is wakefulness and sleep. Wakefulness is when there is high levels of sensory awareness. And sleep is low levels of sensory awareness. Hypnagogia is the state of consciousness in which you transition to between wakefulness and sleep. It's the opposite of hypnopompia, which is the transitional state that occurs before you wake up.

3. Physical effects of alcohol use can include GABA agonists which are receptors that make The neuron less likely to fire. So that decrease his reaction time and visual activity. This is why it's illegal to drink and drive because while you're driving you need to react quickly. It also includes lower levels of alertness, reduces behavioral control, and even complete loss of consciousness.

4. Withdrawal is in negative symptoms that you experience when you stop using drugs. It affects the person mentally and physically. With drawl symptoms include muscle pain, nausea, shakiness, sweating, and vomiting. And the most severe withdrawal symptoms are hallucinations and even seizures. This all shows your dependence on the drug or substance. Your body can no longer function normally without it.

5. Night terrors is an experience of panic or attempt to escape something during your sleeping state. In some cases you might experience night tears because you have some sort of mental disorder like sleep apnea or another sleeping disorder. Also, you might be experiencing a lot of stress that may cause you night terrors. Some recommendations to help reduce night terrors or completely stop them are getting enough sleep, Having a relaxing night routine, having a safer sleeping environment, or dealing with your stress.