Psychology 300/480
States of Consciousness (Chapter 4)

To properly prepare for the test that includes this chapter you should study the material in the book and in lecture that would allow you to do the following:

1. Describe the nature of circadian rhythms and their biological basis (including the suprachiasmatic nucleus), including the factors that influence them and their relevance to sleep.
2. Describe how the need for sleep and characteristics of sleep change over the lifespan.
3. Describe the benefits of sleep and the effects of not getting enough sleep.
4. Describe the stages of sleep, including their sequence and progression through the night. Distinguish between NREM and REM sleep.
5. Describe the various theories explaining why we dream (e.g., Freudian theory and the activation-synthesis model).
6. Describe the most common sleep disorders (e.g., apnea, insomnia, REM sleep disorder, narcolepsy, etc.), including their possible causes and how they are treated.
7. Describe the characteristics of hypnosis including the possible practical applications of hypnosis.
8. Describe the major theories used to explain how hypnosis works (divided consciousness theory and social cognitive behavior theory).