Unit 10 Study Guide

Due: February 13th

1. What do you think is your ideal circadian rhythm (time for eating, sleeping, being mentally and physically alert in a 24-hour cycle)?
2. How does the superchiasmatic nucleus and the pineal gland assist you in sleeping?
3. How can physical activity and bright lights at night impair one’s ability to sleep?
4. Make a chart of the 5 different sleep stages, their respective brain waves, and the common characteristics or actions that occur in each stage.
5. REM sleep is sometimes called paradoxical sleep. Explain why REM sleep could be called paradoxical.
6. What do researchers think are the major purposes of sleep?
7. What evidence is there that REM sleep is physiologically and psychologically more important than any other stage?
8. Make up an example (or use a real one) of an individual exhibiting symptoms of each of the major sleep disorders (insomnia, sleep apnea, narcolepsy, night terrors, somnambulism).
9. What are the 5 different theories for why humans dream? Which of these do you think makes the most sense? Explain why.
10. What are 4 different classes of psychoactive drugs? List an example of a specific drug from each class.
11. How do stimulants and depressants (and opiates) impact the body differently?
12. How is real hypnosis different from the stereotypical hypnosis you probably see on television?
13. How is hypnosis used in the medical field?
14. Explain the idea that hypnosis is a social phenomenon.
15. What does Ernest Hilgard’s research suggest about one’s consciousness while under hypnosis?