

States of Consciousness

Consciousness

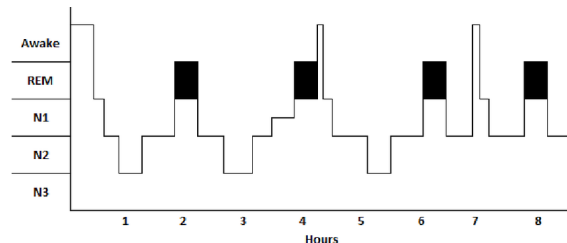
Mind-Body Problem	How physiology & mental experience interact
Problem of Other Minds	Others could be “zombies” w/o conscious experience
Thomas Nagel <i>What is it like to be a bat?</i>	Impossible to understand experience of other minds
Self-Consciousness	View self as object; <i>mark / rouge test</i>
Hard Problem	How consciousness arises
Features of Human Consciousness	Unity, intentionality, selectivity, transience
Cocktail Party Phenomenon	Irrelevant stimuli filtered out → background noise
Dichotic listening task	Focus on one message, little awareness of other message
Selective attention	Focus of attention narrow; other details filtered out
Inattentional blindness	Fail to notice obvious stimulus
Change blindness	Fail to notice a change
Ironic Processes	Attempts to suppress cause opposite effect (white bear)
Dual-process theory	System 1: fast, unconscious System 2: slow, conscious
Priming	Activation of associations influence behavior
Mere-Exposure Effect	Repeated exposure ↑ liking (even when unconscious)

Sleep

Circadian rhythm Latin “ <i>about a day</i> ”	Daily pattern of wakefulness & sleepiness
Zeitgeber <i>time-giver (Ger.)</i>	“Sets” circadian rhythm

Suprachiasmatic nucleus	Light → SCN → pineal gland inhibits <i>melatonin</i>
EEG Brain Wave Patterns	Alpha (relaxed), Theta (NREM1), Delta (slow, NREM3); sleep spindles (NREM2)
Rapid Eye-Movement / Paradoxical Sleep (REM)	Increased brain activity & arousal; body paralysis
Sleep Deprivation	Negative effects on physical & cognitive performance
Insomnia	Difficulty entering/staying in sleep state despite fatigue
Sleep Apnea	Repeated awakening due to airway obstruction
Somnambulism / Sleepwalking	Walking, eating, other behavior during NREM 3
Night Terrors	Brief awakening w/ intense fear, rarely remembered
REM Behavior Disorder	REM body paralysis doesn't occur → act out dreams
Narcolepsy	Suddenly enter sleep state

Sleep Cycle Hypnogram



Dreaming

Manifest vs. Latent content	Descriptive content of dream vs. hidden meaning
Dream interpretation	Dream themes & patterns reveal unconscious contents

Activation-Synthesis Hobson & McCarley	Random neural activation interpreted as dream content
Information Processing Theory	Dreams aid problem-solving & <i>memory consolidation</i>
Lucid dreaming	Awareness of dream state

Psychoactive Drugs

Agonist vs. Antagonist	Increase vs. decrease effects of neurotransmitter
Tolerance	Repeated use reduces effects (<i>neuroadaptation</i>)
Withdrawal	Negative effects of discontinuing drug use
Psychological addiction	Thoughts & habits associated with drug use
Stimulants	Activate CNS; caffeine, amphetamines, cocaine
Depressants	Reduce CNS; barbiturates, benzodiazepines, alcohol
Opiates	Euphoria & pain relief; heroin, opium, morphine
Hallucinogens	Alter perception; MDMA, LSD, marijuana

Meditation & Hypnosis

Hypnosis	State of suggestibility, relaxation, & imagination
Post-hypnotic amnesia	Reduced recall of session
Role Theory of Hypnosis	Subject takes on social role
Dissociation Theory of Hypnosis - Ernest Hilgard	Split consciousness (eg pain awareness vs experience)
Meditation	State of relaxed awareness
Relaxation Response	Activates Parasympathetic NS; ↑ immune function