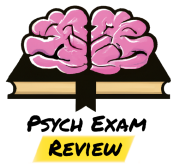




States of Consciousness Review Questions

- The ability to focus on one specific voice or sound while ignoring other sounds nearby is known as:
 - Change blindness
 - Inattentive blindness
 - the Cocktail Party Phenomenon
 - the Rouge test
 - Parallel processing
- This class of drug reduces neural activity and can lead to impaired cognitive function and slowed reaction time:
 - Stimulant
 - Depressant
 - Narcotic
 - Opiate
 - Hallucinogen
- This is a sleep disorder in which a person experiences repeated episodes of stopped breathing during sleep:
 - Narcolepsy
 - Sleep Apnea
 - Insomnia
 - Night Terrors
 - REM Behavior Disorder
- The deepest stage of non-REM sleep is characterized by what type of brain waves?
 - Delta waves
 - Alpha waves
 - Sleep spindles
 - K-Complexes
 - Theta waves
- What is the term for the process by which the body becomes less responsive to a drug over time, requiring increasingly larger doses to achieve the same effect?
 - Withdrawal
 - Dependency
 - Agonist
 - Psychological addiction
 - Tolerance
- The activation-synthesis hypothesis of dreaming proposes that:
 - Dreams are a way for the brain to receive and respond to external stimuli.
 - Dreams are a reflection of the individual's personality and thoughts.
 - Dreams are a way for the brain to process and consolidate memories.
 - Dreams are the result of the brain trying to make sense of random neural activity during sleep.
 - Dreams are a manifestation of repressed desires and conflicts.
- What is the term for a sleep disorder characterized by sudden and uncontrollable episodes of sleep during the day?
 - Somnambulism
 - Insomnia
 - Narcolepsy
 - Night Terrors
 - REM Behavior Disorder
- This biological process regulates the sleep-wake cycle and is influenced by "zeitgebers":
 - Sleep cycle
 - Circadian rhythm
 - Hypnogram
 - Homeostasis
 - Depolarization
- The phenomenon in which focus on one task causes people to fail to notice an otherwise obvious stimulus is known as:
 - Change blindness
 - Ironic process theory
 - Inattentive blindness
 - Dichotic listening
 - Mere-exposure effect
- In Freud's psychoanalytic theory of dreaming, this refers to the literal content of a dream:
 - Latent content
 - Oedipal content
 - Repressed content
 - Manifest content
 - IDK, probably his mom



States of Consciousness Review Questions

1. C - the Cocktail Party Phenomenon

The Cocktail Party Phenomenon refers to our ability to selectively attend to a specific stimulus and ignore other similar stimuli that could be attended to but aren't.

2. B - Depressant

Depressant drugs inhibit activation of the central nervous system and reduce neural firing. Examples include alcohol, benzodiazepines, and barbiturates.

3. B - Sleep apnea

"Apnea" means "without breath" and sleep apnea causes sufferers to repeatedly awaken throughout the night in order to resume normal breathing, resulting in poor sleep quality and fatigue.

4. - A - Delta waves

Stage 3 of NREM sleep, also called slow-wave sleep, can be characterized by EEG measurements showing high-amplitude, low-frequency waves of synchronized brain activity known as delta waves.

5. E - Tolerance

Tolerance refers to the body's ability to resist the effects of a drug with repeated exposure. This means that a larger dose will be needed to achieve the same initial effect, and can also relate to the development of withdrawal symptoms when the drug isn't present.

6. D - Dreams are the result of the brain trying to make sense of random neural activity during sleep.

Hobson & McCarley's Activation-Synthesis model proposed that dreams were the interpretation of random neural activity during sleep, though later theories suggest this activity isn't truly random and is related to memory consolidation processes.

7. C - Narcolepsy

Narcolepsy can cause irrepressible "sleep attacks" during the day, causing sufferers to feel excessively tired and to suddenly enter the sleep state, despite adequate amounts of sleep at night.

8. B - Circadian rhythm

The circadian rhythm, Latin for "about a day", refers to our 24-hour pattern of sleep and wakefulness. This internal body clock is influenced by zeitgebers, or "time-givers", such as exposure to sunlight.

9. C - Inattentive blindness

Inattentive blindness is the failure to detect a stimulus that should be obvious, because attention is directed elsewhere. This was most famously demonstrated in the "Invisible Gorilla" study by Daniel Simons and Christopher Chabris.

10. D - Manifest content

Freud's theory of dreaming proposed that dreams contain manifest content, which is the consciously accessible events of the dream, as well as latent content, which is the disguised unconscious meaning of the dream.