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**COURSE: Computer Technology.**

**Chapter 5**

CONSCIOUSNESS

Consciousness: refers to a state in which you are aware not only of external environment but also of internal events such as thinking, sensation etc.

Consciousness varies in quality and quantity. variation In quantity is the degree to which one is aware of mental event resulting in different level of consciousness.

Levels of consciousness include conscious, non-consciousness and precocious.

Replacing and Knowing: What items or object you see around you is referred to as conscious level.

Nonconscious level: include mental event that cannot be experienced consciously e.g. you are not aware of the fact that your brain constantly regulates your blood pressure

Preconscious level: is the mental event that is outside awareness but can be brought into awareness such as the event of graduation,weddings,etc.

SLEEP

Sleep is said to be 1/3 of our life,Hence every 60yrs old man must have spent 20yrs of sleeping. it is believed that sleep is necessary to restore body energy amd re-establish chemical balances people sleep between 5-9 hours out of 24 hours a day, which is usually at night.

STAGES OF SLEEP

Sleep pattern can be measured with Electroencephalograph(EEG) or brain waves machine , As you fall asleep the pattern shifts to larger and slower waves called ALPHA(Large, slow brain associated with relaxation and falling asleep

As the eyes close

* Breathing becomes slow and regular
* Pulse rate slows
* Body temperature drops

Levels of stress related hormone called cortisol drops

STAGES OF SLEEP

* **Stage1**: As you consciousnessss and enter light sleep Alpha wave is revealed
* 3. Breathing slows down
* **Stage 2:**  Body temperature drops further

2.) The EEG reveals slight larger waves appeariinig along with rapid short burst of brain waves activity called sleep spindles, which is associated.

STAGE 3

* One sleep deeper than in Stage 2
* The spindles disappeared
* Brain waves called Delta Waves appear

STAGE 4

* Deepest level of sleep
* This stage is reached after about an hour

REM(RAPID EYE MOVEMENT )sleep is sometimes referred to as paradoxical sleep

* The body is excited

Function of Rapid Eye Movement Sleep

1. Early in life, dreaming

* REM is also kniown as paradoxical sleep.
* Other factors that alters cosciousnesss, sleeping disorder, hypnosis, and mediation.
* Mediation is divided into two types namely, concentrative and receptive mediation.

**Chapter 6: Psychoactive Drugs.**

* Psychoactive drugs are those chemical or drugs that have noticeable impact on behaviour and consciousness.
* Psychoactive drugs always work directly with the brain.
* Most commonly used psychoactive drugs are nicotine, caffeine, and alcohol.
* The terms used to describe the level of usage are: Addiction, tolerance, dependent, withdrawal symptoms.
* Addiction is a developed behavioural pattern that is marked by an overwhelming and compulsion to use the drug.
* Tolerance means after a person continually takes a drug regularly the original dose of the drug will not produce that desired effect as it used to so the person increases the dosage of the drug to achieve the same behavioural effect.
* Dependency refers to a change in the nervous system so that a person now needs to take the drug to prevent the occurrence of painful withdrawal system.
* Withdrawal symptoms is the physical and psychological pain a person undergoes after the drug dependant person stop using the drug.
* Psychoactive drugs can be classified according to tier effects on the brain such as stimulant, depressant and hallucinogen.
* Stimulants are drugs that increases the activity in the body and nervous system. E.g. Amphetamine, caffeine, cocaine, Nicotine.
* Depressants or downers is a substance that decreases the body activities .e.g. Alcohol, heroine, tranquilized, Barbiturates.
* Hallucinogens are drugs that producesc hallucinations, perceptions of light, sound and other sensory stimuli where there is nothing real to see, hear or feel. E.g. Marijuana, lysergic acid Diethylamide (LSD).