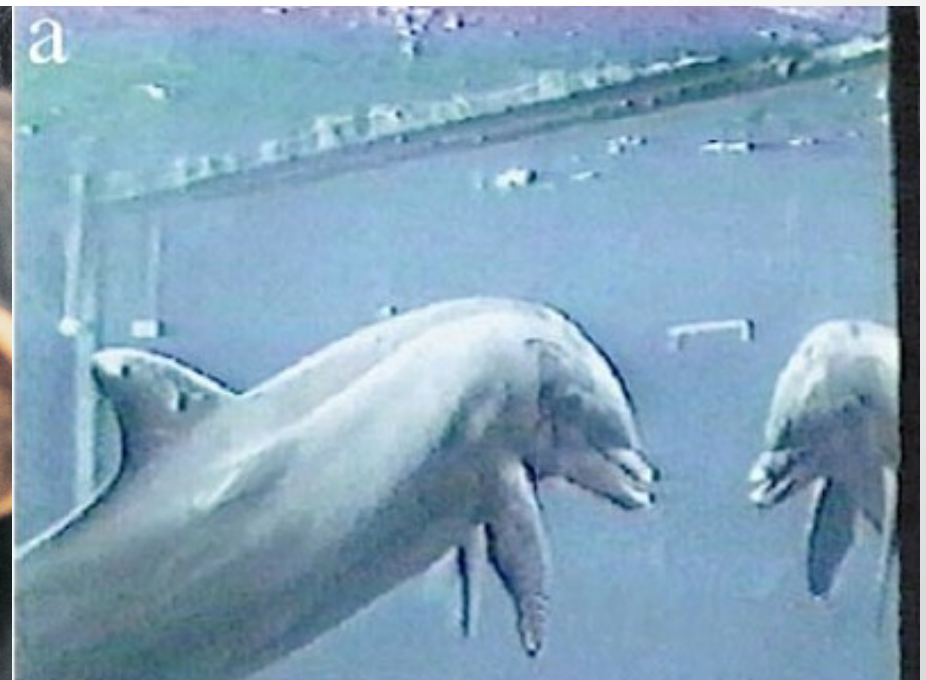


Levels of Consciousness

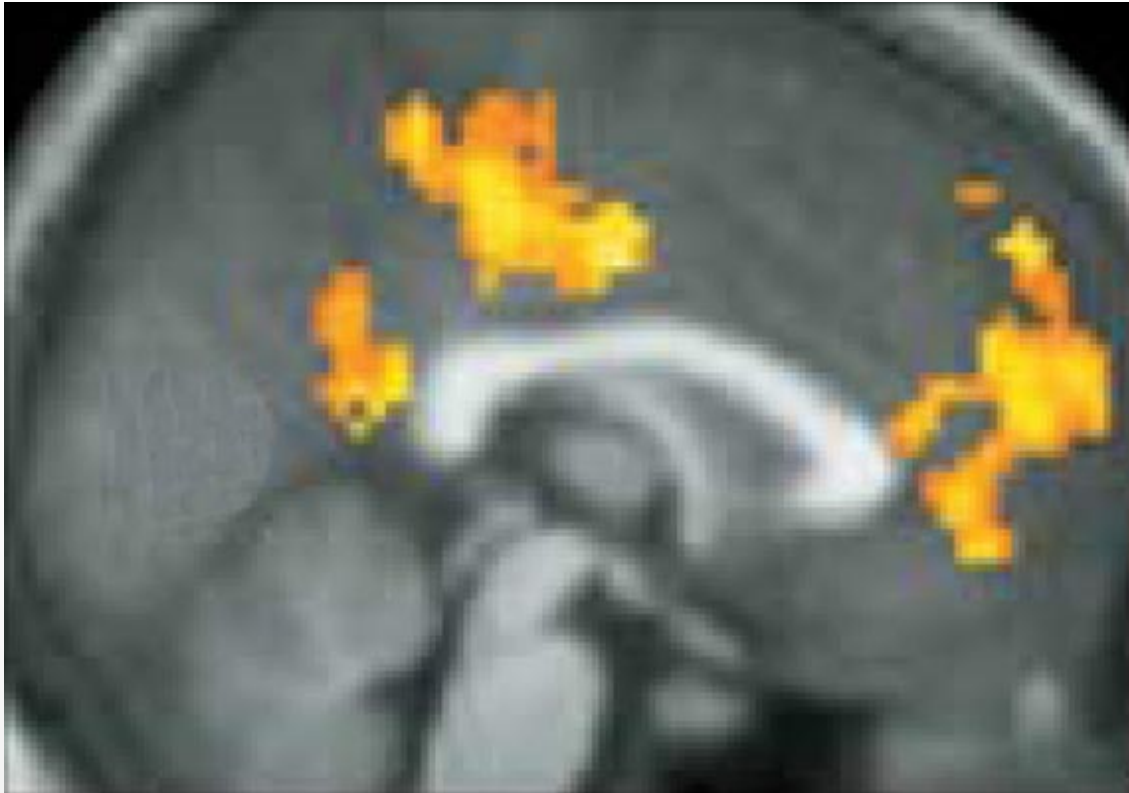
- **Minimal consciousness:** a low-level kind of sensory awareness and responsiveness that occurs when the mind inputs sensations and may output behavior
- **Full consciousness:** consciousness in which you know and are able to report your mental state
- **Self-consciousness:** a distinct level of consciousness in which the person's attention is drawn to the self as an object
 - Recognition of self in mirrors by humans and other animals

• “The way we feel about what we do is by who has watched us.” •



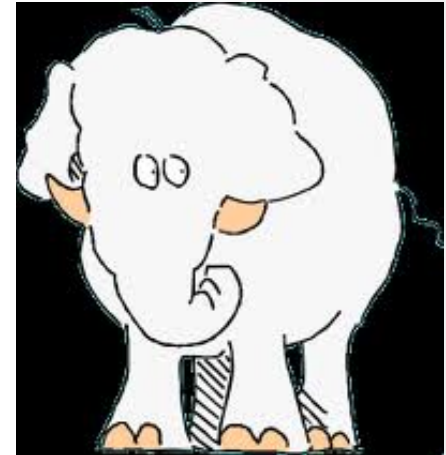
Conscious Contents

- Default Mode Network



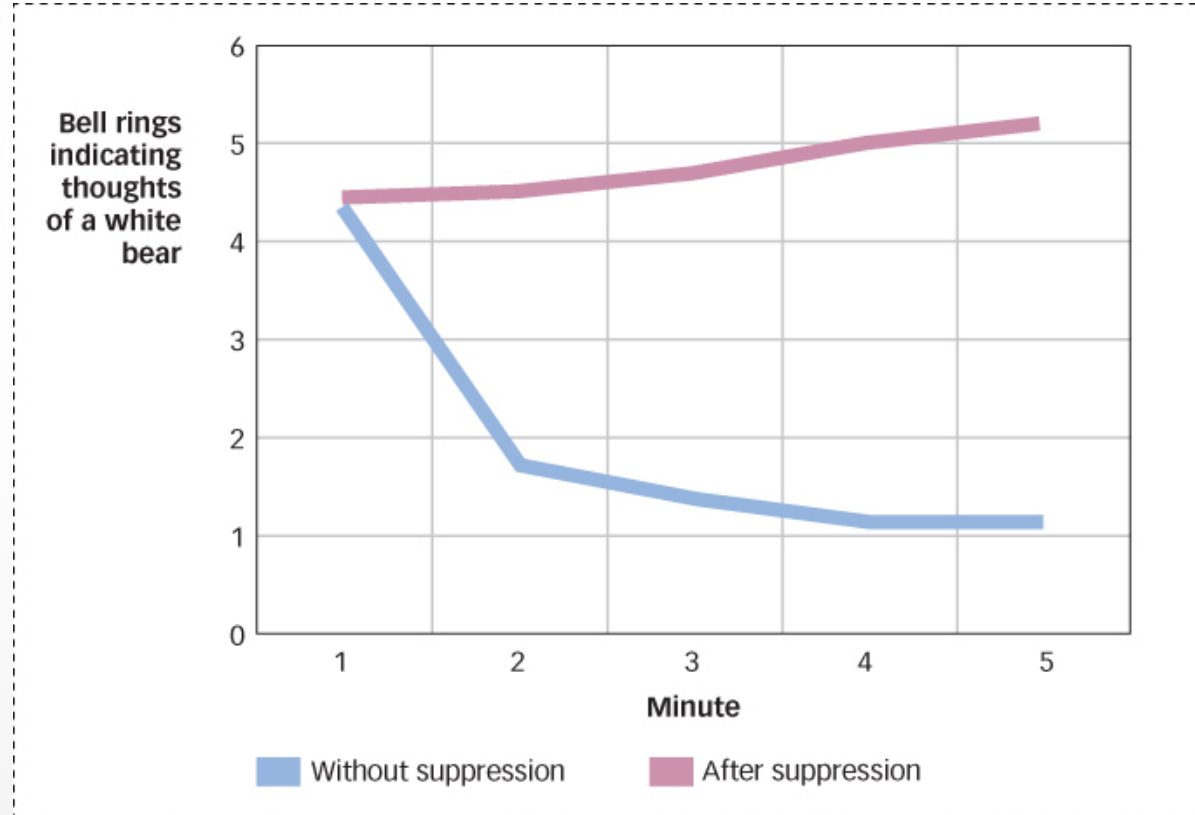
Conscious Contents

- **Mental control:** the attempt to change conscious states of mind
- **Thought suppression:** the conscious avoidance of a thought
- **Ironic processes of mental control:** mental processes that can produce ironic errors because monitoring for errors can itself produce them



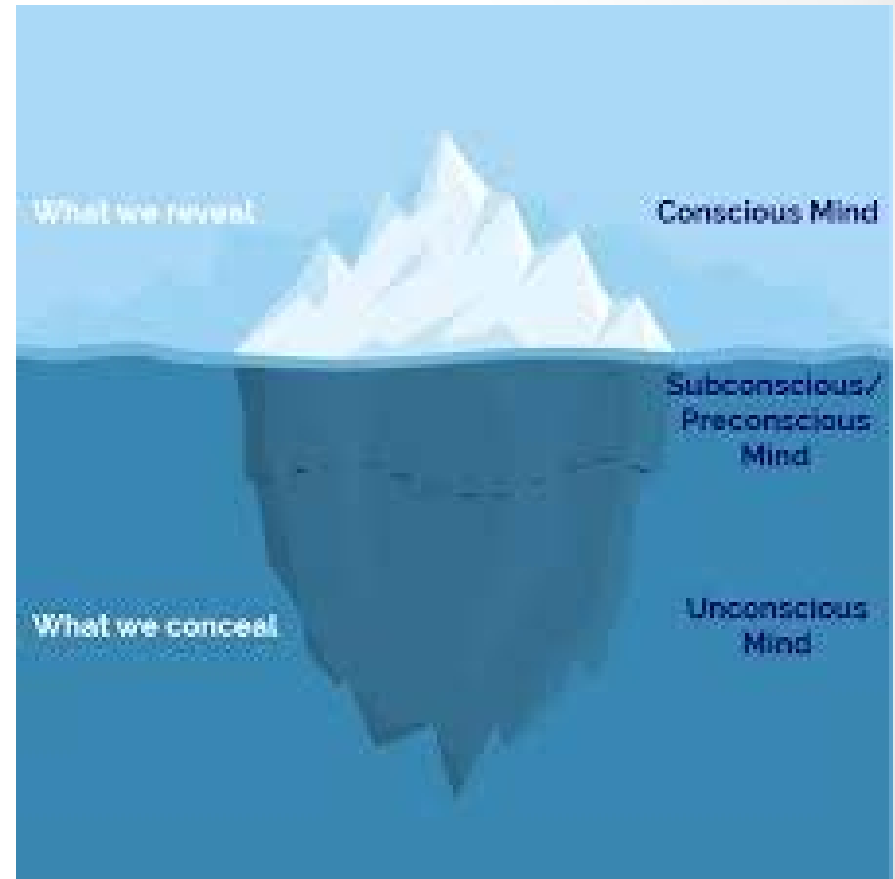
Rebound Effect

- Rebound effect of thought suppression: the tendency of a thought to return to consciousness with greater frequency following suppression



The Unconscious Mind

- Freud's unconscious:
 - **Dynamic unconscious:** an active system encompassing a lifetime of hidden memories, the person's deepest instincts and desires, and the person's inner struggle to control these forces; described by Freud
 - **Repression:** a mental process that removes unacceptable thoughts and memories from consciousness



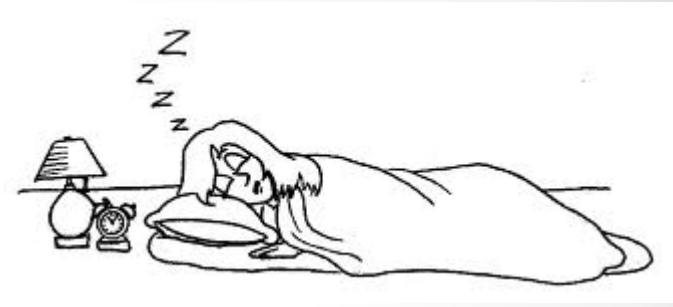
The Unconscious Mind

- Modern unconscious:
 - **Cognitive unconscious:** the mental processes that give rise to a person's thoughts, choices, emotions, and behavior even though they are not experienced by the person
 - **Subliminal perception:** a thought or behavior that is influenced by stimuli that a person cannot consciously report perceiving; controversial
- Unconscious processing can help or hurt decision making.

Sleep

- What is Sleep?

- Reversible physiological state
- Daily rest period
- Time spent less responsive to external stimuli
- Deprivation causes a rebound
- Position is a factor



Sleep and Dreaming: Good Night, Mind

- **Altered state of consciousness:** forms of experience that depart from the normal subjective experience of the world and the mind
 - Hypnagogic state, hypnopompic state
- **Circadian rhythm:** a naturally occurring 24-hour cycle