



Module 4 Lecture - States of Consciousness

Introductory Psychology

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1 Overview and Introduction

1.1 Textbook Learning Objectives

- Understand what is meant by consciousness
- Explain how circadian rhythms are involved in regulating the sleep-wake cycle, and how circadian cycles can be disrupted
- Discuss the concept of sleep debt
- Describe areas of the brain involved in sleep
- Understand hormone secretions associated with sleep
- Describe several theories aimed at explaining the function of sleep
- Name and describe three theories about why we dream
- Differentiate between REM and non-REM sleep
- Describe the differences between the three stages of non-REM sleep
- Understand the role that REM and non-REM sleep play in learning and memory
- Describe the symptoms and treatments of insomnia
- Recognize the symptoms of several parasomnias
- Describe the symptoms and treatments for sleep apnea
- Recognize risk factors associated with sudden infant death syndrome (SIDS) and steps to prevent it
- Describe the symptoms and treatments for narcolepsy
- Describe the diagnostic criteria for substance use disorders
- Identify the neurotransmitter systems impacted by various categories of drugs
- Describe how different categories of drugs affect behavior and experience
- Define hypnosis and meditation
- Understand the similarities and differences of hypnosis and meditation

1.2 Instructor Learning Objectives

- Understand how consciousness is better described as range of states, rather than simply “on” or “off”
- Know several common conditions and drugs that modify or otherwise change the state of consciousness

1.3 Introduction

2 What is Consciousness?

2.1 Biological Rhythms

2.2 Problems with Circadian Rhythms

2.3 Disruptions of Normal Sleep

2.4 Insufficient Sleep

3 Sleep and Why We Sleep

3.1 What is Sleep?

3.2 Why Do We Sleep?

3.3 Adaptive Function of Sleep

3.4 Cognitive Function of Sleep

4 Stages of Sleep

4.1 NREM Stages of Sleep

4.2 REM Sleep

4.3 Dreams

5 Sleep Problems and Disorders

5.1 Insomnia

5.2 Parasomnias

5.3 Sleepwalking

"I don't mind not knowing. It doesn't scare me." — Richard P. Feynman

5.4 REM Sleep Behavior Disorder (RBD)