

Introduction To Psychology
States of Consciousness
Chapter 6

The Nature of Conscious

- Levels of Awareness
- Higher Level Consciousness
- Lower Level Consciousness
- Altered States of Awareness
- Normal waking Consciousness
- Subconsciousness
- Unconsciousness
- Neurological Correlates of Consciousness

Sleep and Dreams

- Biological Rhythms and Sleep: Circadian rhythms, Jet lag.
- Sleep Stages: 1,2,3,4, REM
- Sleep and Disease
- Sleep Disorders:
- Dyssomnias : insomnia, hypersomnia, narcolespy, sleep apnea.
- Parasomnias : nightmares, sleep terrors, sleepwalking.
- Dreams

Hypnosis

- The Nature of Hypnosis
- Hypnotic trances
- Hypnotic suggestibility
- Heightened suggestibility
- Dissociation
- Vivid imagery
- Enhanced memory
- Post hypnotic suggestion
- Hypnosis Applications

Psychoactive Drugs

- Uses of Psychoactive Drugs
- Marijuana: tetrahydrocannabinol (THC)
- Mescaline:
- Psilocybin:
- LSD: (lysergic acid diethylamide)
- PCP: (phencyclidene)
- Primary and secondary effects

Physically Addictive Drugs

- Depressants: Alcohol, Barbiturates, Benzodiazepine tranquilizers.
- Stimulants: caffeine, nicotine, amphetamines, cocaine.
- Narcotics: Opium, methadone.
