Before You Read…Term Identification

Make flashcards using the following terms or, even better, develop mnemonics (memory strategies) to help you remember the different concepts and terms. Use the definitions in the margins of this chapter for help. Numbers refer to page numbers in the textbook.

Activation-synthesis theory (353)  Night terrors (355)
Addiction (367)  Nonconscious process (338)
Attention (337)  Non-REM (NREM) sleep (346)
Cognitive neuroscience (338)  Opiate (363)
Coma (342)  Physical dependence (367)
Consciousness (337)  Preconscious (341)
Circadian rhythm (345)  Psychoactive drug (360)
Daydreaming (344)  Psychological dependence (368)
Depressant (364)  REM rebound (348)
General anesthetic (366)  REM sleep (346)
Hallucinogen (361)  Sleep apnea (354)
Hypnosis (357)  Sleep debt (349)
Insomnia (354)  Sleep paralysis (346)
Latent content (351)  Stimulant (365)
Manifest content (351)  Unconscious (342)
Meditation (359)  Tolerance (367)
Narcolepsy (356)  Withdrawal (367)
Chapter Opening Problem: How can psychologists examine objectively the worlds of dreaming and other subjective mental states?

8.1 How Is Consciousness Related to Other Mental Processes?

- **Consciousness** =

- **Attention** =
  - Selective attention (the cocktail party phenomenon) =

- **Cognitive neuroscience** =

  **Core Concept 8.1** =

- **Nonconscious processes** =

A) Tools for Studying Consciousness

1) **Mental Rotation** =

2) **Zooming in with the Mind** =

B) Models of Conscious and Nonconscious Minds

C) What Does Consciousness Do for Us?

Three important functions:
D) Levels of Consciousness

1) The Preconscious =
   - Preconscious =

2) The Unconscious =
   - Unconscious =

3) Coma and Related States =
   - Coma =
     - Minimally conscious state =
     - Persistent vegetative state =

E) Psychology Matters: Using Psychology to Learn Psychology

8.2 WHAT CYCLES OCCUR IN EVERYDAY CONSCIOUSNESS?

Core Concept 8.2 =

A) Daydreaming
   - Daydreaming =

1) Daydreaming as Default =

2) Don’t Think about a White Bear =

B) Sleep: The Mysterious Third of Our Lives

1) Circadian Rhythms =
   - Circadian rhythms =
     - Jet lag =

2) The Main Events of Sleep =
   - REM sleep =
Sleep paralysis =

- Non-REM (NREM) sleep =

3) The Sleep Cycle =

Stage 1 =
Stage 2 =
Stage 3 =
Stage 4 =

- REM rebound =

4) Why Do We Sleep? =

5) The Need for Sleep =

6) Sleep Debt Versus the Circadian Clock =

- Sleep debt =

D) Dreaming: The Pageant of the Night =

1) Dreams as Meaningful Events =

- Manifest content =

- Latent content =

2) Dreams As Random Activity of the Brain =

- Activation-synthesis theory =

3) Dreams As a Source of Creative Insights =
G) Psychology Matters: Sleep Disorders

- Insomnia

- Sleep apnea
  - Sudden Infant Death Syndrome (SIDS)

- Night terrors

- Narcolepsy

8.3 What Other Forms Can Consciousness Take?

Core Concept 8.3

A) Hypnosis

- Hypnosis
  1) Hypnotizability

  2) Is Hypnosis a Distinct State of Consciousness?

    - “Hidden observer”
3) Practical Uses of Hypnosis =

- Posthypnotic amnesia =

B) Meditation

- Meditation =

C) Psychoactive Drug States =

- Psychoactive drugs =

1) Hallucinogens =

- Hallucinogens =

  - Mescaline =

  - Psilocybin =

  - LSD (Acid) =

  - PCP =

  - Cannabis and THC =

  - Endocannabinoids =
2) **Opiates** =

- **Opiates** =
  - **Morphine** =
  - **Heroin** =
  - **Codeine** =
    - **Endorphins** =
    - **Methadone** =

3) **Depressants and Antianxiety Drugs** =

- **Depressants** =
  - **Barbiturates** =
  - **Benzodiazepines** =
  - **Alcohol** =

4) **Stimulants** =

- **Stimulants** =
  - **Cocaine and Crack** =
  - **Methamphetamine** =
  - **MDMA (Ecstasy)** =
  - **Caffeine** =
  - **Nicotine** =

5) **The Altered States of Anesthesia** =


204
• General anesthetics =

D) Psychology Matters: Dependence and Addiction =

• Tolerance =

• Physical dependence =

• Addiction =

• Withdrawal =

• Psychological dependence =

E) Critical Thinking Applied: The Unconscious—Reconsidered =

  ○ Repress =
As You Read…Practice Activities

How is Consciousness Related to Other Mental Processes?

1. Fill in the blanks with the correct terms.

____________________ is the brain process that creates our mental representation of the world and our current thoughts. One component is ____________________, which makes one item stand out from the others. For instance, when you are able to follow one conversation while there are many other conversations going on at the same time, you are experiencing ____________________, also called ____________________. Another component is ____________________, the part of the mind where we can combine new stimuli with information retrieved from long-term memory. Some psychologists believe that ____________________ is the seat of consciousness.

2. Underline the word(s) in parentheses that will make each statement correct. (Both options may be correct!)

A. (Structuralists/Behaviorists) used introspection to understand consciousness.

B. (William Wundt/John Watson) believed that mental processes are little more than by-products of our actions.

C. (Behavioral/Cognitive) neuroscience is the interdisciplinary field that makes connections between mental processes and the brain.

D. Conscious processing occurs (serially/in parallel).

E. (Conscious/Nonconscious) processes can work on many tasks simultaneously.

Tools for Studying Consciousness

3. What did the mental rotation tasks and “zooming in” tasks demonstrate?

Models of Conscious and Nonconscious Minds

4. William James, Sigmund Freud, and modern cognitive psychologists all use a different metaphor for consciousness. What are these metaphors and what do they mean?
What Does Consciousness Do for Us?

5. Describe three important functions of consciousness.
   A. ____________________________________________________________
   B. ____________________________________________________________
   C. ____________________________________________________________

Levels of Consciousness

6. Indicate whether each statement is True (T) or False (F) by circling the appropriate letter after the statement.
   A. Freud believed that unconscious processing can influence our conscious thoughts.    T F
   B. The preconscious is essentially the same as working memory.                      T F
   C. Preconscious processing is parallel processing.                                T F
   D. The preconscious can engage in deliberate thinking.                            T F
   E. Freud used the terms “preconscious” and “unconscious” interchangeably because they essentially mean the same thing. T F
   F. The technique of priming can influence people without their awareness.        T F
   G. Comas are generally stable, long-term states of unconsciousness.              T F
   H. In a comatose state, individuals do not have normal sleep/wake cycles.        T F

7. Explain the differences between a “minimally conscious state” and a “persistent vegetative state.”

Psychology Matters: Using Psychology to Learn Psychology

8. What are the three main strategies suggested by your text authors for studying in such a way as to keep information readily accessible in your preconscious long-term memory?
   A. ____________________________________________________________
   B. ____________________________________________________________
   C. ____________________________________________________________
What Cycles Occur in Everyday Consciousness?

Daydreaming

9. How does daydreaming differ from night dreaming? Give an example of a valuable function that daydreams serve.

Sleep: The Mysterious Third of Our Lives

10. Match each term with its best description(s) by placing the letter corresponding to the term in the space next to its description. (Terms may be used more than once.)

<table>
<thead>
<tr>
<th>TERMS</th>
<th>DESCRIPTIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>A. Circadian rhythms</td>
<td>_____ Characterized by the lack of rapid eye movement</td>
</tr>
<tr>
<td>B. REM sleep</td>
<td>_____ When sleep talking and sleep walking most often occur</td>
</tr>
<tr>
<td>C. Stage 1 sleep</td>
<td>_____ Indicates that there is a biological need for this kind of sleep</td>
</tr>
<tr>
<td>D. Sleep paralysis</td>
<td>_____ Bodily patterns that repeat approximately every 24 hours</td>
</tr>
<tr>
<td>E. NREM sleep</td>
<td>_____ Occurs during REM sleep</td>
</tr>
<tr>
<td>F. Stage 2 sleep</td>
<td>_____ Associated with weight gain and a shortened life span</td>
</tr>
<tr>
<td>G. Stage 3 sleep</td>
<td>_____ During the first sleep cycle, this usually only lasts 10 minutes</td>
</tr>
<tr>
<td>H. Stage 4 sleep</td>
<td>_____ Cells in the suprachiasmatic nucleus receive information from the eyes and control this bodily process</td>
</tr>
<tr>
<td>I. REM rebound</td>
<td>_____ Sleep spindles show up on the EEG during this period</td>
</tr>
<tr>
<td>J. Sleep debt</td>
<td>_____ Most vivid dreaming occurs during this period</td>
</tr>
<tr>
<td></td>
<td>_____ The stage that generally occurs after stage 4 in the sleep cycle</td>
</tr>
<tr>
<td></td>
<td>_____ EEGs show theta and beta waves during this period</td>
</tr>
</tbody>
</table>

11. According to the text, what are the most important features of normal sleep?

A. _________________________________________________

B. _________________________________________________

C. _________________________________________________

12. What is “REM rebound?” What does it indicate?
13. Give four different explanations for why we sleep.

A. ___________________________________________________________________
B. ___________________________________________________________________
C. ___________________________________________________________________
D. ___________________________________________________________________

14. Underline the word(s) in parentheses that will make each statement correct. (Both options may be correct!)

A. Those who sleep (shorter/longer) than average tend to be more nervous, artistic, creative, and nonconforming.

B. Strenuous activity during the day (decreases/increases) the amount of (REM/Stage 4) sleep.

C. Newborns sleep about (13/16) hours per day, with half of that time devoted to (REM/Stage 4) sleep.

D. Young adults typically sleep 7 to 8 hours, with about (20/40) percent REM sleep.

E. By old age, about (15/30) percent of sleep is REM sleep.

F. In the sleep laboratory when volunteers are placed in a dark room without access to clocks, they sleep about (eight and one-half/ten and one-half) hours each night.

G. The normal response to boredom is (sleepiness/restlessness).

H. Sleep debt is associated with (weight gain/shortened lifespan).

I. After 24 hours of sleep loss, volunteers in an experiment performed (the same as/only slightly better than) volunteers who were legally intoxicated.

Dreaming: The Pageants of the Night

15. Match each culture with its view of dreaming by placing the letter corresponding to the view of dreaming in the space next to its culture.

_____ ancient Israelites  A. Extension of waking reality
_____ ancient Egyptians  B. Religious significance from Vedas
_____ people of ancient India  C. Messages from God
_____ ancient Chinese  D. Soul wanders outside the body
_____ Cherokee Indians  E. Temples were dedicated to god of dreaming
_____ some African cultures
16. According to Freud, what are the two purposes of dreaming? What did Freud believe are the two components of dreams and how are they related? What scientific evidence supports Freud’s theory?

17. How does culture relate to the kinds of dreams a person has?

18. *Indicate whether each statement is True (T) or False (F) by circling the appropriate letter after the statement.*

   A. Research shows that the brain replenishes neurotransmitters during REM sleep. T F

   B. Women are more likely than men to dream about children. T F

   C. When you try very hard not to dream about something, it is much less likely to appear in your dreams. T F

   D. Typically, the first dream of the night connects with events that occurred during the previous day. T F

   E. Memories for facts and locations appear to be consolidated in REM sleep. T F

19. According to 19th-century physiologist Herman von Helmholtz’s belief, what three things are necessary for creative dreaming?

   A. ___________________________________  B. ___________________________________

   C. ___________________________________

20. *Fill in the blanks with the correct information about dreaming.*

   The ______________________ theory says dreams result when the ______________ brain tries to makes sense of its own activity. In this theory, dreams originate from neural discharges coming from the ______________. Energy sweeps over the ______________ and the sleeper experiences many sensations. The activity is ______________ and the images may not be logically connected. The dream, thus, can be the brain’s way of ______________ out of ______________.
21. **NEED A BREAK?**

To better understand states of consciousness, visit MyPsychLab.

**Psychology Matters: Sleep Disorders**

22. *Match each term with its best description(s) by placing the letter corresponding to the term in the space next to its description. (Terms may be used more than once.)*

**TERMS**

A. Insomnia  
B. Sleep apnea  
C. Narcolepsy  
D. Night terrors

**DESCRIPTIONS**

___ Involves the cessation of breathing many times during sleep
___ Treatments can cut short REM sleep periods
___ Very successfully treated by cognitive behavioral therapy
___ REM sleep disorder
___ Occurs in stage 4 sleep and is difficult to awaken person
___ Genetics and low hypocretin levels are possible causes
___ A possible cause of Sudden Infant Death Syndrome (SIDS)
___ Chronic difficulty falling asleep or staying asleep
___ Triggered by excitement
___ The most common sleep disorder
___ Occasional episodes are likely to occur in premature babies
___ May be preceded by cataplexy
___ Usually disappears by adulthood
___ Suddenly falling asleep without warning

23. Read all about sleep at The Sleep Foundation homepage. Explore the site at:

http://www.sleepfoundation.org

**What Other Forms Can Consciousness Take?**

**Hypnosis**

24. Most authorities would say that hypnosis involves three characteristics. What are the three?

A. ____________________  
B. ____________________  
C. ____________________

25. *Indicate whether each statement is True (T) or False (F) by circling the appropriate letter after the statement.*

A. Research has shown a unique EEG signature for hypnosis.  
   T  F

B. “Hypnotizability” refers to a person’s ability to go into a trance.  
   T  F

C. Approximately 10 to 15 percent of adults are highly hypnotizable.  
   T  F
26. Your textbook authors discuss five different theories concerning what hypnosis is. Briefly describe those five competing perspectives.

A. __________________________________________________________________________
B. __________________________________________________________________________
C. __________________________________________________________________________
D. __________________________________________________________________________
E. __________________________________________________________________________

27. Explain three main practical uses of hypnosis.

A. ____________________________________________________
B. ____________________________________________________
C. ____________________________________________________

28. Skeptic magazine examines the topic of hypnosis using a scientific, skeptical perspective. Visit the following website for a comprehensive summary of the topic:

http://skepdic.com/hypnosis.html

Meditation

29. Complete the following paragraph with the correct information.

Meditation begins by ________________ on a ________________ behavior, assuming certain body positions, and minimizing _________________. The Western world typically views meditation as ________________ state of consciousness. In the Buddhist view, meditation more accurately _________________. Experienced meditators show changes in their brain-wave patterns, particularly in the _______________ lobes. Mediation has been shown to reduce anxiety; however, research with control groups does not show meditation to be superior to other ________________ techniques.

Psychoactive Drug States

30. Describe some of the general, physical effects of psychoactive drugs.
31. Fill in the blanks of the following concept map with the correct information.

32. Underline the word(s) in parentheses that will make each statement correct. (Both options may be correct!)

A. Cannabis impairs (memory/motor coordination) and its effects last (shorter/longer) than the effects of alcohol do.

B. Cannabis has a medical use for the treatment of nausea associated with (glaucoma/chemotherapy).
C. THC causes the release of (endorphins/dopamine) and there are THC receptors in (many/a select few) parts of the brain.

D. Opiates are used medically as (pain relievers/cough suppressants) and in managing severe cases of (nausea/diarrhea).

E. Barbiturates are commonly used in (sleeping pills/anti-anxiety drugs).

F. In the absence of pain, (opiates/stimulants) give the user a strong rush of pleasurable sensations and there (are/are not) major changes in cognitive abilities.

G. An opiate-based drug that has appeared on the market is (OxyContin/Vicodin).

H. (Barbiturates/Benzodiazepines) are safer than (barbiturates/benzodiazepines).

I. Methadone (has/doesn’t have) the same addictive effects as heroin, and its levels in the brain increase more (slowly/rapidly) than do the levels of heroin.

J. Sleeping pills (increase/decrease) REM-sleep time.

K. A leading cause of mental retardation in the U.S. is (opiate/alcohol) use by expectant mothers.

L. The negative impact of (alcohol/smoking) on health is greater than that of all other psychoactive drugs combined.

33. What four sleep-like components do general anesthetics produce in individuals?

A. ________________________________ C. ________________________________
B. ________________________________ D. ________________________________

34. Fill in the blanks with the correct information.

A person’s need for larger and larger doses of a drug to get the same effect is called _____________________. The body’s adjustment to and need for the drug is called ______________________, and when the drug is no longer present the person will suffer unpleasant symptoms of _____________________. When a person continues to use a drug, even in the face of negative effects on his or her health or life, this is referred to as _____________________. Craving a drug without having a physical dependence on it is called _______________________.


214
35. Indicate whether each statement is True (T) or False (F) by circling the appropriate letter after the statement.

   A. Addiction is a biological response, rather than a learned response.   T   F
   B. The general public tends to view addiction as a disease.            T   F
   C. Heroin addicts can tolerate larger doses when they shoot up in their typical environment than when they shoot up in a new location. T   F

36. Explain the pros and cons of viewing drug addiction as a “disease.” Use the research concerning treatment for heroin addiction and alcohol addiction to illustrate some of your points.

<table>
<thead>
<tr>
<th>PROS</th>
<th>CONS</th>
</tr>
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<tbody>
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</table>

37. The National Institute of Drug Abuse is a U.S. government-sponsored website with a lot of excellent information on all psychoactive substances, legal and not legal. Visit:

   http://www.nida.nih.gov/

    Critical Thinking Applied: The Unconscious—Reconsidered

38. According to the textbook authors, how do the logical fallacies of (a) the confirmation bias, (b) “begging the question,” and (c) circular reasoning play a role in Freud’s theory of the unconscious?
PRACTICE TEST #1

1. The study of consciousness in modern psychology had its roots in

2. Benzodiazepines such as Valium and Xanax fall into this class of medications.
   A. Opiates  B. Stimulants  C. Depressants  D. Hallucinogens

3. Janelle is in the middle of REM sleep. Research shows that she
   A. may engage in sleep walking.  C. will show sleep spindles on her EEG.
   B. will show delta waves on her EEG.  D. will likely report a vivid dream if awakened.

4. _____ would say that consciousness is a by-product of our actions.
   A. Freud  B. Watson  C. Rogers  D. Crick

5 Freud compared consciousness to a(n)

6. All of the following are functions of consciousness EXCEPT
   A. it restricts our attention.  C. it provides a mental meeting place.
   B. it allows us to sleep easily.  D. it allows creation of a mental model.

7. All of the following are opiates EXCEPT

8. We “lose” approximately _____ of our lives to sleep.
   A. 1/4  B. 1/5  C. 1/3  D. 1/2

9. The locus of circadian rhythms resides in the

10. All of the following are key features of the activation-synthesis model of dreaming EXCEPT
    A. dreams are caused by random bursts of activity in brain stem structures.
    B. the cerebral cortex constructs coherent stories from spontaneous brain stem discharge.
    C. dreams are biologically based.
    D. dream images produced in the brain stem are laden with significance related to the
        dreamer’s waking life.
PRACTICE TEST #2

1. _____ has proposed that sleep helps to flush out the day’s useless information and reduce obsessions.
   A. Rogers  B. Watson  C. Freud  D. Crick

2. Sleep spindles are associated with what stage of sleep?
   A. Stage 1  B. Stage 2  C. Stage 3  D. Stage 4

3. Conscious processing occurs _____ and nonconscious processing occurs _____.
   A. serially; in parallel  C. in the cortex; in the medulla
   B. in parallel; serially  D. in the medulla; in the cortex

4. According to the tenets of Buddhism, the state of enlightenment through meditation allows one to do all of the following EXCEPT
   A. fully control bodily yearnings and focus on the mind.
   B. open oneself up to richer stimulation.
   C. how to see things in their truest light.
   D. practice meditation daily to increase mental activity.

5. Individuals describe mental activity during REM sleep as _____ while describing NREM sleep as _____.
   A. vivid; ordinary  C. dull; exciting
   B. ordinary; vivid  D. exciting; vivid

6. Evolutionary psychology suggests that the purpose of sleep is to
   A. refresh brain cells.  C. fill up the time.
   B. stay out of harm’s way.  D. digest dinner.

7. The deepest point in the sleep cycle occurs in
   A. Stage 1.  B. Stage 2.  C. REM sleep.  D. Stage 4.

8. Sleep debt can make people behave
   A. as though they are intoxicated.  C. very slowly because they are tired.
   B. as normal if it is not a habit.  D. a bit irrationally but generally fine.

9. The ancient Chinese were reluctant to awaken a sleeper hastily because they believed
   A. the person might have a heart attack.  C. the soul wanders outside of the body.
   B. it would disturb a good dream.  D. it would disrupt a sound sleep.

10. What did Freud believe was the center of consciousness?
    A. Id  B. Ego  C. Superego  D. Dreams
PRACTICE TEST #3

1. Freud made the analysis of dreams a cornerstone of psychoanalysis because he felt that
   A. they are interesting to analyze.  C. his patients had interesting dreams.
   B. they reveal a hidden mental life.  D. he needed to write a book about dreams.

2. Sleeping pills tend to decrease _____ sleep time.
   A. Stage 2  B. Stage 3  C. Stage 4  D. REM

3. The negative impact on health and life of _____ is greater than that of all other psychoactive
   drugs combined.
   A. alcohol  B. smoking  C. opiates  D. stimulants

4. A sleep cycle generally lasts about _____ minutes.
   A. 30  B. 60  C. 90  D. 120

5. Some psychologists have suggested that the seat of consciousness is

6. _____ is a sleep disorder that is characterized by loud snoring and periods of cessation of
   breathing, resulting in the sleeper awaking and gasping for breath.
   A. Sleep apnea  B. Narcolepsy  C. Insomnia  D. Cataplexy

7. The internal “biological clock” that controls the pattern of human physiological processes
   appears to be
   A. set on a 24-hour cycle.  C. coordinated by cells in the thalamus.
   B. identical in all humans.  D. unaffected by natural cycles of light and dark.

8. Psychoanalysts scrutinize the _____ content of dreams for clues about the _____ content.
   A. latent; manifest  C. manifest; latent
   B. conscious; preconscious  D. preconscious; conscious

9. The reason you are able to walk, chew gum, and breathe simultaneously is due to
   A. preconscious processes.  C. nonconscious processes.
   B. conscious processes.  D. working memory.

10. Dr. Jones flew from New York City to Honolulu for the APA conference. She had trouble
    sleeping after she arrived. This was most likely caused by
    A. disruption in her circadian rhythms.  C. a change in alpha wave patterns.
    B. excitement about being in Hawaii.  D. disruptions in REM sleep.
COMPREHENSIVE REVIEW TEST

1. Who likened ordinary waking consciousness to a flowing stream that carries ever-changing sensations, perceptions, thoughts, memories, feelings, motives, and desires?
   A. John Watson   B. Sigmund Freud   C. William James   D. Francis Crick

2. Hilgard believed that hypnosis worked as a(n)

3. Which of the following is likely to occur occasionally in premature babies?
   A. Sleep apnea   B. Narcolepsy   C. Insomnia   D. Night terrors

4. _____ is a sleep disorder that is characterized by sudden REM sleep attacks and loss of muscle control.
   A. Sleep apnea   B. Narcolepsy   C. Insomnia   D. Epilepsy

5. Alcohol is most accurately classified as a

6. A well-supported benefit of meditation is that it
   A. reduces anxiety and stress.   C. controls heart disease and high blood pressure.
   B. improves sensory functioning.   D. increases mental activity and cognitive skill.

7. Amelie’s eyes are closed and she looks very relaxed, but she has not yet fallen asleep. An EEG would most likely reveal _____ waves.
   A. delta   B. theta   C. beta   D. alpha

8. Joey is in his deepest stage of sleep about half an hour after sleep onset. An EEG of his brain waves would most likely indicate _____ waves.
   A. delta   B. theta   C. beta   D. alpha

9. Freud’s dream interpretation methods have been challenged on all of the following grounds EXCEPT
   A. he emphasized his theoretical suspicions over objective findings.
   B. it does not work well in alternative cultural contexts.
   C. his data collection methods were haphazard and unscientific.
   D. he was a medical doctor and not a psychologist.

10. Psychologists and other researchers believe that hypnosis does NOT work for

11. Which of the following drugs has been shown to cause widespread brain damage?
    A. Cocaine   B. Heroin   C. Cannabis   D. Methamphetamine
12. All of the following are medical uses of opiates EXCEPT
   A. relieving pain.            C. reducing intraocular pressure.
   B. reducing diarrhea.        D. suppressing coughs.

13. What is the most common sleep disorder?
   A. Insomnia   B. Sleep apnea   C. Narcolepsy   D. Night terrors

14. Endocannabinoids are chemically similar to which drug?
   A. PCP   B. MDMA   C. THC   D. LSD

15. The preconscious is essentially the same as
   A. long-term memory.   C. the unconscious.
   B. working memory.   D. sensory memory.

CRITICAL THINKING ESSAYS

1. Students often forego sleep because of multiple responsibilities or just because there is
   something more “fun” to do. Using what you have learning in this chapter, make an
   argument for getting a good night’s sleep. Use correct terminology.

2. In what ways are meditation and hypnosis similar?