**Introduction: Consciousness: Experiencing the Private “I”**

1.    Define consciousness, and discuss the history of psychological research on consciousness.

**Biological and Environmental “Clocks” That Regulate Consciousness**

2.    Define circadian rhythms, and explain the roles of melatonin and the suprachiasmatic nucleus (SCN) in controlling circadian rhythms.

3.    Describe the research on “free-running” circadian rhythms, and explain the role of sunlight in regulating the sleep-wake cycle.

4.    Describe the effects of jet lag, and explain how melatonin is involved.

**Sleep**

5.    Discuss the contributions of the invention of the electroencephalograph and the discovery of REM sleep to modern sleep research.

6.    Distinguish between REM sleep and NREM sleep, and describe the typical sequence of sleep stages, including sleep onset.

7.    List eight of the most commonly asked questions about sleep and discuss the answers to each.

8.    Describe how sleep patterns change over the life span.

9.    Discuss the functions of sleep, including research on the effects of sleep deprivation, and contrast the restorative and adaptive theories of sleep.

**Dreams and Mental Activity During Sleep**

10.  List the characteristics of dreams, and contrast dreams with sleep thinking.

11.  Describe what neuroscientists have discovered about the nature of dreams and identify the brain areas that are active and inactive during REM sleep.

12.  Describe the role that REM and NREM sleep seem to play in memory consolidation of episodic, procedural, and spatial memories.

13.  Describe common themes of dreams and nightmares.

14.  List six of the most commonly asked questions about dreams and discuss the answers to each.

15.  Compare and contrast Freud’s theory of dreams as wish fulfillment and the activation-synthesis model of dreaming.

**Sleep Disorders**

16.  Define dyssomnia, and list and describe the characteristics of each of the three dyssomnias discussed.

17.  Define parasomnia, and list and describe the characteristics of each of the five   parasomnias discussed.

      Critical Thinking: Sleep-Related Violence: Is Sleep Murder Possible?

18.  Identify the guidelines that sleep researchers have developed to help assess the likelihood that violent actions were sleep related.

**Hypnosis**

19.  Define hypnosis, describe the hypnotic state, and list the characteristics of people who are most responsive to hypnosis.

20.  Specify the effects of hypnosis, describe posthypnotic suggestion, and explain the relationship between hypnosis and memory.

21.  Describe the uses and limits of hypnosis.

22.  Compare and contrast state and non-state theories of hypnosis, discussing the evidence for and against the neodissociation, social-cognitive, and imaginative suggestibility theories.

**Meditation**

23.  List and describe the most common techniques used in meditation, and explain their effects, including effects on brain functioning.

**Psychoactive Drugs**

24.  Identify the common properties of psychoactive drugs, and specify the factors that influence the effects, use, and abuse of psychoactive drugs.

25.  Explain the effects of addictive drugs on the brain, including the neural basis for drug tolerance, withdrawal, craving, and relapse.

26.  Name and describe the characteristics and effects of the most common depressants, stimulants, opiates, psychedelic drugs, and designer or “club” drugs.

**Application: Can't Sleep? Read This!**

27.  Describe the strategies and techniques used to treat sleep problems.