**STATES OF CONSCIOUSNESS**

**SLEEP**

Our sleeping/waking cycle is governed by our ***circadian rhythm****,* which tells us when to sleep and when to wake, based mostly on the amount of daylight. The hypothalamus seems to control this internal clock.

***DIRECTIONS: Describe what is going on in your brain and body during the following sleep stages.***

Stage 1:

Stage 2:

Stage 3 (delta):

Stage 4 (delta):

R.E.M. (sometimes called “stage 5”, active sleep or paradoxical sleep):

*How often do we have a REM period?*

*How do we know that REM sleep is important? (Hint=what happens to REM sleep when you previously haven’t had enough sleep?)*

*Describe a typical nights sleep, going through all of the sleep stages.*

**SLEEP DISORDERS**

***DIRECTIONS: Describe the following sleep disorders.***

1. Insomnia-

2. Hypersomnia-

3. Narcolepsy-

4. Apnea-

5. Night Terrors-

6. Somnambulism-

7. Somniloquy-

*Have you ever had any of the above sleep disorders? What happened? Did it just go away on its own or did you have to take some kind of action?*

*Which of the above sleep disorders do you think would be the worst one to have? Why?*

**DREAMS**

***DIRECTIONS: Explain the following dream theories and answer the questions***

***that follow.***

1. Information Processing Theory (Memory Consolidation Theory):

2. Activation Synthesis Theory:

3. What did Sigmund Freud believe about dreams?

4. Explain the difference between ***manifest content*** and ***latent content***.

5. What is lucid dreaming? Have you ever experienced lucid dreaming?