

Consciousness



What Does it Mean to Be Conscious?

- 3.1 Consciousness is Your Subjective Experience
- 3.2 Consciousness Results from Brain Activity
- 3.3 Consciousness Involves Attention
- 3.4 Unconscious Processing Something Affects Behavior

How Does Sleep Affect Consciousness?

- 3.5 Consciousness Changes During Sleep
- 3.6 People Dream While Sleeping
- 3.7 Sleep is an Adaptive Behavior
- 3.8 Using Psychology in Your Life: How Can You Develop Better Sleep Habits?
- 3.9 Sleep Disorders Are Relatively Common Throughout Life

How Do Hypnosis and Meditation Alter Consciousness?

- 3.10 Attention to Suggestions May Alter Consciousness in Hypnosis
- 3.11 Meditation Alters Consciousness and Brain Functioning

How Do Drugs Alter Consciousness?

- 3.12 Psychoactive Drugs Affect the Brain
- 3.13 Substance use Disorder Has Physical and Psychological Aspects