

Activation-synthesis theory	The idea that dreams are the result of the brain's attempt to make sense of random brain activity by combining the activity with stored memories. (page 109)
Altered state of consciousness	A state that deviates from a normal waking state of consciousness. It may reflect either a more vivid awareness or a less clear awareness of the external world and inner mental activity. (page 95)
Attention	The focusing of mental resources on specific information to become consciously aware of that information. (page 98)

<p>Change blindness</p>	<p>A failure to notice large changes in one's environment.</p> <p>(This term is in your book, but not listed as a key term)</p>
<p>Circadian rhythms</p>	<p>The regulation of biological cycles into regular, daily patterns.</p> <p>(page 104)</p>
<p>Conscious</p>	<p>A level of consciousness that reflects awareness of the external world and inner mental activity.</p> <p>(page 94)</p>

<p>Consciousness</p>	<p>The combination of your subjective experience of the external world and your internal mental activity, both of which result from brain activity. (page 94)</p>
<p>Depressants</p>	<p>Psychoactive drugs that decrease behavior and mental activity. (page 121)</p>
<p>Dissociation theory of hypnosis</p>	<p>The idea that hypnotized people are in a trancelike state in which conscious awareness is separated, or dissociated, from other aspects of consciousness. (page 117)</p>

<p>Dreams</p>	<p>Products of consciousness during sleep in which a person confuses images and fantasies with reality. (page 107)</p>
<p>Global workspace model</p>	<p>A psychological theory stating that consciousness is a product of activity in specific brain regions. (page 97)</p>
<p>hallucinogens</p>	<p>Psychoactive drugs that change perceptions, thoughts, and emotions; they may also increase or decrease behavior or mental activity. (page 121)</p>

Hypnosis



Psychological Science, 4(6) Figure 5.19
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A social interaction during which a person, responding to suggestions, experiences changes in memory, perception, and/or voluntary action.
(page 116)

Inattention blindness

A failure to be aware of visual information when one's attention is directed elsewhere. (page 101)

Insomnia

A disorder characterized by a repeated inability to sleep.
(page 114)

Meditation



FIGURE 3.24

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A practice in which intense contemplation leads to a deep sense of calmness that has been described as an altered state of consciousness. (page 118)

Melatonin

A hormone that aids regulation of circadian rhythms; bright light reduces production and darkness increases production. (page 104)

Narcolepsy

A disorder in which a person experiences excessive sleepiness during normal waking hours, sometimes going limp and collapsing. (page 115)

<p>Normal waking state of consciousness</p>	<p>A state of consciousness that reflects a clear awareness of the external world and inner mental activity. (page 95)</p>
<p>Opioids</p>	<p>Psychoactive drugs that reduce pain and produce pleasure. (page 121)</p>
<p>REM sleep</p>	<p>The stage of sleep marked by rapid eye movements, dreaming, and paralysis of motor systems.</p> <p>(This term is in your book, but not listed as a key term)</p>

Sociocognitive theory of hypnosis

Theory that hypnotized people are not in an altered state of consciousness, but they behave in a way that hypnotized people are expected to behave. (page 117)

Sleep Apnea



FIGURE 3.21

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A disorder in which a person, while asleep, stops breathing because the throat closes; the condition results in frequent awakenings during the night. (page 114)

Stage N1 sleep

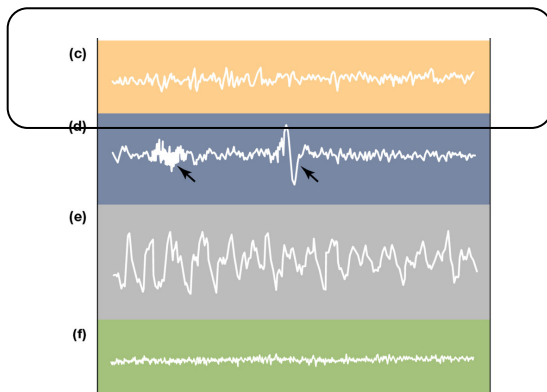


FIGURE 3.12

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First stage of sleep, in which a person is drifting off; EEGs show slower theta waves, and conscious awareness of both the external world and inner mental activity states to decline. (page 105)

Stage N2 sleep

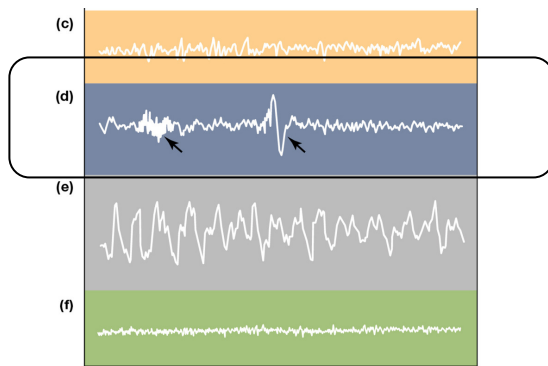


FIGURE 3.12

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Second stage of sleep, in which a person is truly asleep; EEGs show K-complexes and sleep spindles, and there is much less conscious awareness of both the external world and inner mental activity.
(page 106)

Stage N3 sleep

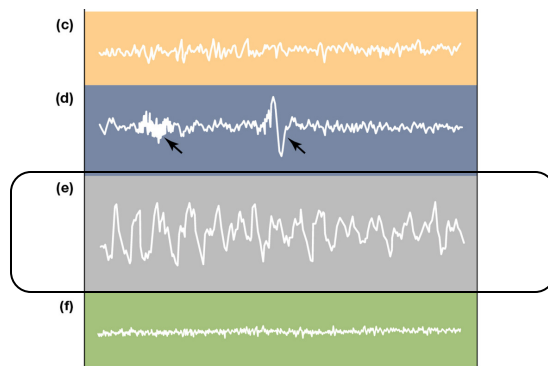


FIGURE 3.12

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Third stage of sleep, also known as slow-wave sleep, in which a person is substantially less conscious and is hard to awaken; EEGs reveal large regular delta waves.
(page 106)

Stage R (REM) sleep

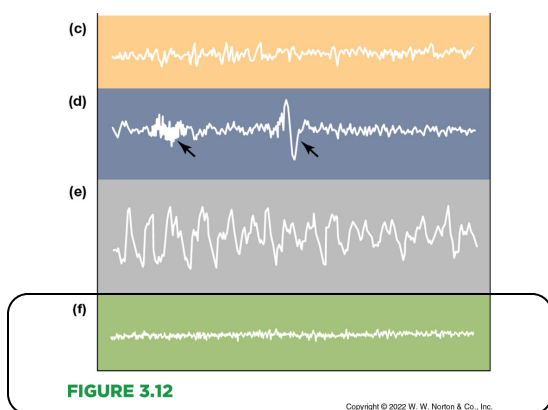


FIGURE 3.12

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The stage of sleep in which a person experiences rapid eye movements, dreaming, and paralysis of motor systems; EEGs show beta wave activity, which is also associated with an awake, conscious mind. (page 106)

Stimulants

Psychoactive drugs that increase behavior and mental activity.
(page 121)

Subliminal perception

Try to pick out the subliminal message in the advertisement below.



Answer: The ice cubes spell out S-X.
Psychological Science, 416 Figure 5.11
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The processing of information by sensory systems without a person's conscious awareness. (page 102)

Substance abuse disorder

An irresistible urge to use a drug in spite of its negative consequences.
(page 126)

<p>tolerance</p>	<p>A physical aspect of substance use disorder that occurs when a person needs to take larger doses of a drug to experience its effect. (page 126)</p>
<p>Unconscious</p>	<p>A level of consciousness that reflects a lack of awareness of the external world and inner mental activity. (page 95)</p>
<p>withdrawal</p>	<p>A physical and psychological aspect of substance use disorder that occurs when a person experiences anxiety, tension, and cravings after stopping use of a drug. (page 126)</p>



Warning: not all of the key ideas
are on this list of key terms