Consciousness

4.1 What is Consciousness?
- Consciousness is a Subjective Experience
- Conscious Awareness Involves Attention
- Unconscious Processing Influences Behavior
- Brain Activity Gives Rise to Consciousness
- **What to Believe? Using Psychological Reasoning:** After-the-Fact Explanations: How do We Interpret Our Behavior?

4.2 What is Sleep?
- Sleep is an Altered State of Consciousness
- Sleep is an Adaptive Behavior
- **Using Psychology In Your Life:** How Can I Get a Good Night’s Sleep?
- People Dream While Sleeping

4.3 What is Altered Consciousness?
- Hypnosis is Induced through Suggestion
- Mediation Produces Relaxation
- People Can Lose Themselves in Activities

4.4 How Do Drugs Affect Consciousness?
- People Use—and Abuse—Many Psychoactive Drugs
- Addiction has Physical and Psychological Aspects