<table>
<thead>
<tr>
<th><strong>consciousness, p. 124</strong></th>
<th>Personal awareness of mental activities, internal sensations, and the external environment. (p. 124)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>attention, p. 125</strong></td>
<td>The capacity to selectively focus awareness on particular stimuli in your external environment or on your internal thoughts or sensations. (p. 125)</td>
</tr>
<tr>
<td><img src="https://via.placeholder.com/150" alt="Image" /></td>
<td></td>
</tr>
<tr>
<td><strong>circadian rhythm, p. 127</strong></td>
<td>(ser-KADE-ee-en) A cycle or rhythm that is roughly 24 hours long; the cyclical daily fluctuations in biological and psychological processes. (p. 127)</td>
</tr>
<tr>
<td>Term</td>
<td>Definition</td>
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<tr>
<td><strong>suprachiasmatic nucleus (SCN)</strong>, p. 128</td>
<td>(soup-ruh-kye-az-MAT-ick) A cluster of neurons in the hypothalamus in the brain that governs the timing of circadian rhythms. (p. 128)</td>
</tr>
<tr>
<td><strong>electroencephalograph</strong>, p. 128</td>
<td>(e-lec-tro-en-SEFF-uh-low-graph) An instrument that uses electrodes placed on the scalp to measure and record the brain’s electrical activity. (p. 129)</td>
</tr>
<tr>
<td><strong>REM sleep</strong>, p. 129</td>
<td>Type of sleep during which rapid eye movements (REM) and dreaming usually occur and voluntary muscle activity is suppressed. (p. 129)</td>
</tr>
<tr>
<td>NREM sleep, p. 129</td>
<td>Quiet, typically dreamless sleep in which rapid eye movements are absent; divided into three stages. (p. 129)</td>
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<tr>
<td>beta brain waves, p. 129</td>
<td>Brain-wave pattern associated with alert wakefulness. (p. 129)</td>
</tr>
<tr>
<td>alpha brain waves, p. 130</td>
<td>Brain-wave pattern associated with relaxed wakefulness and drowsiness. (p. 130)</td>
</tr>
<tr>
<td>Term</td>
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<tr>
<td>hypnagogic hallucinations, p. 130</td>
<td>(hip-na-GAH-jick) Vivid sensory phenomena that occur during the onset of sleep. (p. 130)</td>
</tr>
<tr>
<td>sleep paralysis, p. 130</td>
<td>A temporary condition in which a person is unable to move upon awakening in the morning or during the night. (p. 130)</td>
</tr>
<tr>
<td>dream, p. 137</td>
<td>An unfolding sequence of thoughts, perceptions, and emotions that typically occurs during REM sleep and is experienced as a series of real-life events. (p. 135)</td>
</tr>
<tr>
<td>Term</td>
<td>Description</td>
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<tr>
<td>activation-synthesis model of dreaming, p. 137</td>
<td>The theory that brain activity during sleep produces dream images (activation), which are combined by the brain into a dream story (synthesis). (p. 137)</td>
</tr>
<tr>
<td>neurocognitive model of dreaming, p. 138</td>
<td>Model of dreaming that emphasizes the continuity of waking and dreaming cognition, and states that dreaming is like thinking under conditions of reduced sensory input and the absence of voluntary control. (p. 138)</td>
</tr>
<tr>
<td>sleep disorders, p. 139</td>
<td>Serious and consistent sleep disturbances that interfere with daytime functioning and cause subjective distress. (p. 139)</td>
</tr>
<tr>
<td>Condition</td>
<td>Definition</td>
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<td>------------------------------------------------</td>
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<tr>
<td>insomnia, p. 139</td>
<td>A condition in which a person regularly experiences an inability to fall asleep, to stay asleep, or to feel adequately rested by sleep. (p. 139)</td>
</tr>
<tr>
<td>obstructive sleep apnea (OSA), p. 130</td>
<td>(APP-nee-uh) A sleep disorder in which the person repeatedly stops breathing during sleep. (p. 140)</td>
</tr>
<tr>
<td>narcolepsy, p. 140</td>
<td>(NAR-ko-lep-see) A sleep disorder characterized by excessive daytime sleepiness and brief lapses into sleep throughout the day. (p. 140)</td>
</tr>
<tr>
<td><strong>parasomnias, p. 140</strong></td>
<td>(pare-uh-SOM-nee-uz) A category of sleep disorders characterized by arousal or activation during sleep or sleep transitions; includes sleepwalking, sleep terrors, sleepsex, and sleep-related eating disorder. (p. 140)</td>
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<tr>
<td><strong>sleep terrors, p. 140</strong></td>
<td>A sleep disturbance characterized by an episode of increased physiological arousal, intense fear and panic, frightening hallucinations, and no recall of the episode the next morning; typically occurs during stage 3 NREM sleep; also called night terrors. (p. 140)</td>
</tr>
<tr>
<td><strong>hypnosis, p. 142</strong></td>
<td>(hip-NO-sis) A cooperative social interaction in which the hypnotized person responds to the hypnotist’s suggestions with changes in perception, memory, and behavior. (p. 142)</td>
</tr>
<tr>
<td><strong>posthypnotic suggestion, p. 143</strong></td>
<td>A suggestion made during hypnosis asking a person to carry out a specific instruction following the hypnotic session. (p. 142)</td>
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<tr>
<td><strong>dissociation, p. 143</strong></td>
<td>The splitting of consciousness into two or more simultaneous streams of mental activity. (p. 142)</td>
</tr>
<tr>
<td><strong>neodissociation theory of hypnosis, p. 143</strong></td>
<td>Theory proposed by Hilgard that explains hypnotic effects as being due to the splitting of consciousness into two simultaneous streams of mental activity, only one of which the hypnotic participant is consciously aware during hypnosis. (p. 142)</td>
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<td>Term</td>
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<tr>
<td><strong>hidden observer, p. 143</strong></td>
<td>Hilgard’s term for the hidden, or dissociated, stream of mental activity that continues during hypnosis. (p. 142)</td>
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<tr>
<td><strong>meditation, p. 145</strong></td>
<td>Any one of a number of sustained concentration techniques that focus attention and heighten awareness. (p. 145)</td>
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<tr>
<td><strong>psychoactive drug, p. 147</strong></td>
<td>A drug that alters consciousness, perception, mood, and behavior. (p. 147)</td>
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<td>Term</td>
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<tr>
<td>physical dependence, p. 148</td>
<td>A condition in which a person has physically adapted to a drug so that he or she must take the drug regularly in order to avoid withdrawal symptoms. (p. 148)</td>
</tr>
<tr>
<td>drug tolerance, p. 148</td>
<td>A condition in which increasing amounts of a physically addictive drug are needed to produce the original, desired effect. (p. 148)</td>
</tr>
<tr>
<td>drug abuse, p. 149</td>
<td>(formally called substance use disorder) Recurrent substance use that involves impaired control, disruption of social, occupational, and interpersonal functioning, and the development of craving, tolerance, and withdrawal symptoms. (p. 149)</td>
</tr>
<tr>
<td>Deprassants, p. 150</td>
<td>A category of psychoactive drugs that depress or inhibit brain activity. (p. 150)</td>
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<tr>
<td>Barbiturates, p. 152</td>
<td>(barb-ITCH-yer-its) A category of depressant drugs that reduce anxiety and produce sleepiness. (p. 153)</td>
</tr>
<tr>
<td>Opioids, p. 152</td>
<td>(OH-pee-oidz) A category of psychoactive drugs that are chemically similar to morphine and have strong pain-relieving properties; also called opiates or narcotics. (p. 153)</td>
</tr>
<tr>
<td><strong>stimulants, p. 153</strong></td>
<td>A category of psychoactive drugs that increase brain activity, arouse behavior, and increase mental alertness. (p. 153)</td>
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<tr>
<td><strong>caffeine, p. 153</strong></td>
<td>(kaff-EEN) A stimulant drug found in coffee, tea, cola drinks, chocolate, and many over-the-counter medications. (p. 153)</td>
</tr>
<tr>
<td><strong>nicotine, p. 154</strong></td>
<td>A stimulant drug found in tobacco products. (p. 154)</td>
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<tr>
<td>amphetamines, p. 154</td>
<td>(am-FET-uh-meenz) A class of stimulant drugs that arouse the central nervous system and suppress appetite. (p. 154)</td>
</tr>
<tr>
<td>cocaine, p. 155</td>
<td>A stimulant drug derived from the leaves of the coca tree. (p. 155)</td>
</tr>
<tr>
<td>psychedelic drugs, p. 155</td>
<td>(sy-kuh-DEL-ick) A category of psychoactive drugs that create sensory and perceptual distortions, alter mood, and affect thinking. (p. 155)</td>
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<td>Term</td>
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<tr>
<td>mescaline</td>
<td>(MESS-kuh-lin) A psychedelic drug derived from the peyote cactus. (p. 155)</td>
</tr>
<tr>
<td>LSD</td>
<td>A synthetic psychedelic drug. (p. 155)</td>
</tr>
<tr>
<td>marijuana</td>
<td>A psychoactive drug derived from the hemp plant. (p. 156)</td>
</tr>
<tr>
<td>MDMA (ecstasy), p 157</td>
<td>Synthetic club drug that combines stimulant and mild psychedelic effects. (p. 157)</td>
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<tr>
<td>dissociative anesthetics, p. 157</td>
<td>Class of drugs that reduce sensitivity to pain and produce feelings of detachment and dissociation; includes the club drugs phencyclidine (PCP) and ketamine. (p. 157)</td>
</tr>
<tr>
<td>stimulus control therapy, p. 158</td>
<td>Insomnia treatment involving specific guidelines to create a strict association between the bedroom and rapid sleep onset. (p. 158)</td>
</tr>
<tr>
<td>nightmare (p. 137)</td>
<td>A vivid and frightening or unpleasant anxiety dream that occurs during REM sleep. (p. 137)</td>
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<tr>
<td>WARNING</td>
<td>Warning: not all of the key ideas are on this list of key terms</td>
</tr>
</tbody>
</table>