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