**Reading Outline for Plotnik’s Introduction to Psychology, 4th Edition**

**Module 7 “Consciousness, Sleep & Dreams”**

**Introduction**

***Would you spend four months alone in a cave?***

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1. **Continuum of Consciousness**

**Is every moment different?**

 - Consciousness:

 - Continuum of consciousness:

 Controlled processes

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 Automatic processes

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 Daydreaming

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 Altered States

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 Sleep and Dreams

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 The Unconscious

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 Unconscious

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**B. Rhythms of Sleeping and Waking**

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Sleep-Wake Clock

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 *Does the brain have a clock?*

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**Circadian Rhythms: Problems and Treatments**

1. Accidents

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2. Jet Lag

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3. Resetting Circadian Rhythms

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4. Melatonin

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**C. World of Sleep**

**Stages of Sleep**

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 *Alpha Stage –*

**Non-REM Sleep**

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 **Stage 1:**

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 **Stage 2:**

 **-**

 **Stages 3 and 4:**

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 **REM sleep**

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**REM versus Non-REM Sleep**

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**Waking and Alertness**

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*Passing through the Sleep Stages*

**A.**

**B.**

**C.**

**D.**

**E.**

**F.**

**G.**

**D. Research Focus: Morning or Evening Person?**

 1. Body Temperature -

 1a.

 1b.

 2. Behavioral Differences -

**E. Questions about Sleep**

 *How Much Sleep Do I Need?*

 Infancy and Childhood

 Adolescence and Adulthood

 Old Age

 *Why Do I Sleep?*

 Repair Theory:

 Adaptive Theory:

 *What Happens If I Go Without Sleep?*

 **Effects on the body** –

 **Effects on the brain** –

 *What Causes Sleep?*

 1. Circadian rhythm:

 2. Reticular formation:

 3. Body temperature:

**F. Cultural Diversity: Incidence of SAD**

***Problem and Treatment***

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 ***Frequency of SAD in the United States***

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 ***Frequency of SAD in Iceland***

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 ***Cultural Differences***

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**G. World of Dreams**

 ***Meaning of Dreams***

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 ***Four Theories of Dream Interpretations***

 1.

 2.

 3.

 4.

 What Are Typical Dreams?

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**H. Application: Sleep Problems & Treatments**

 ***Sleep Problems***

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Insomnia –

 *Psychological causes –*

 *Physiological causes –*

**Nondrug Treatment for Insomnia**

 **1.**

 **2.**

 **3.**

 **4.**

 **5.**

 **6.**

 **7.**

 **8.**

 **Drug Treatment for Insomnia**

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 Sleep Apnea –

 Sleepwalking –

 Night Terrors –

 Nightmares –

 Narcolepsy –