**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**

**-**

**Stage 1:**

**-**

**Stage 2:**

**-**

**Stages 3 and 4:**

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**REM sleep**

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**-**

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**REM versus Non-REM Sleep**

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**Waking and Alertness**

**-**

**-**

*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 –