Study Guide for Consciousness Test

Know:

* The definition of Consciousness
* The different states of consciousness
  + Drifting awareness
  + Focused awareness
  + Divided consciousness
  + Altered consciousness
  + Unconsciousness
* Terms such as:
  + Subconscious
  + Circadian rhythm
  + Construct
  + Free-running cycles
  + Meditation
  + Hypnosis
* The stages of sleep/brain wave patterns/key features
* The differences between:
  + Rem and NREM
  + Nightmares and night terrors
  + Meditation and Hypnosis
  + Subconscious and unconscious
* Manifest vs latent content of dreams
* Sleep disorders
  + Insomnia
  + Narcolepsy
  + Sleep apnea
  + Sleep walking
  + SIDS
  + Nightmare disorder
  + Night terrors
* The theories of hypnosis
  + Trance
  + Social cognitive
* Who can be hypnotized
* What it can be used for
* What happens while under hypnosis
  + Age regression
  + Analgesia
  + Posthypnotic amnesia
  + Posthypnotic suggestion
  + Imagined perception

Names to know:

* Sigmund Freud
* William James
* Anton Mesmer