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