Consciousness
Behaviourism

• A School of thought that systematically avoided and opposed the study of Consciousness during the first half of the century, because it was thought that Consciousness was not measurable or objective

• Behaviourism only focuses on measurable evidence
Consciousness

• The state of being aware and alert
**Delta waves** = Deep sleep;

**Alpha waves** = Almost asleep, but not yet asleep!
Sleep Wake Cycle: 24-25 hrs; 90 min Sleep cycle
Stage 1 & 2 Sleep:

- Stage 1: Eyes are closed but it’s easy to wake up; Muscle tension, twitching & *hypnogogic* sensation
- Stage 2: Light sleep; heart rate slows, body temperature drops; Sleep talking
REM: there is more REM as sleep progresses; the muscles relax, but the heart rate, eye movement, & respiration increases; Paradoxical; genital arousal.

This page depicts a sleep histogram. It shows that not only is sleep comprised of REM and NREM sleep, but that REM and NREM sleep are exhibited in a lawful manner. Specifically, REM and NREM sleep alternate every 90 minutes. In the first part of the night there is more NREM sleep, especially deep sleep, while in the second half of the night REM predominates.
Daydreaming

Content is usually connected and familiar with the events of our daily lives
Alcohol – Depressant or Stimulant

• When a person consumes a minimal amount of alcohol, it can operate as a stimulant.

• When a person consumes a moderate amount of alcohol, it acts as a depressant.

• Alcohol has a profound effect on transferring experiences to long term memory.

• Alcohol’s affect is that it increases anger and decreases self awareness.
Sleep Disorders

Narcolepsy: lapse into REM

Insomnia: difficulty getting to sleep or staying asleep

Sleep Apnea: difficulty breathing while sleeping; choking during sleeping

(image shows person with sleep apnea apparatus)
Treating Insomnia

To Do List:

• Awaken at the same time every day
• Don’t drink caffeine or alcohol
• Be careful about taking naps
• Be careful and focus on relaxing activities before sleeping
Freud’s Dream Theory

• **Manifest Content**: the veneer or the *outward* content of the dream; it is the obvious aspects of your dream

• **Latent Content**: the *symbolic* content in the dream; this is what obvious aspects of your dream represent
Hilgard & the Hidden Observer

Subjects had their arms in ice cold water – those who were hypnotized found it considerably less painful.

**Hypnosis** – the hypnotic suggestion allows a person to be the *observer* rather than the person actually enduring the event.
Anton Mesmer: Magnetism

- Mesmer first delved into animal magnetism; he believed that an energy transferred between animated and inanimate objects; he thereafter used this treatment and added his own element of hypnotism (although it was not called this at the time)
- Anton Mesmer healed people by talking with them, making suggestions and using their own imagination
- Mesmerism is synonymous with the word hypnotic
Teens and Drug Use

• What’s the single factor that is a direct relationship between teens and their drug usage?
• Peer influence!
Circadian Rhythms

- *Circadian* means 24 hours rhythms
- Humans have low blood sugar around 2/3:00 pm; we have the lowest efficiency
  (By the way, most accidents occur during *Day Light Savings* in the Spring)
- Males have the highest level of testosterone is at 9:00 am
Circadian Rhythms (24hr)

• Light therapy is an aid that allows the body to reorient to the proper circadian rhythms
• Light is directed onto the person, and sometimes at back of knee, and can help with a person’s rhythm adjustment
• How does this happen? Light sensitive proteins actuate retina messages to brain
Near Death experiences

• Documented *Near death experiences* commonly explain very fantastic images

**Monists** – Science oriented theorists who do NOT believe in near death experiences; they believe that body and mind are ONE

**Dualists** – Theorists who believe in the separation of body and mind; Plato and Socrates were *Dualists*