

Consciousness	Our awareness of ourselves and our environment
Biological Rhythms	Periodic physiological fluctuations (includes annual cycles, twenty-eight-day cycles, twenty-four-hour cycles, and ninety-minute cycles)
Circadian Rhythm	The biological clock; regular body rhythms (eg. temperature/wakefulness) that occur on a 24-hour cycle
Suprachiasmatic Nucleus	A pair of pinhead-sized clusters of 20,000 cells that control the circadian clock
Melatonin	Sleep-inducing hormone
Adenosine	Chemical made by brain which inhibits certain neurons, making one sleepy
REM (Rapid Eye Movement) Sleep (a.k.a. Paradoxical Sleep)	A recurring sleep stage during which vivid dreams commonly occur and where the body is internally aroused and externally calm
Alpha Waves	The relatively slow brain waves of a relaxed, awake state
Sleep	Periodic, natural, reversible loss of consciousness (NOT unconsciousness from coma, anesthesia, or hibernation)
Hallucinations	False sensory experiences, such as seeing something in the absence of an external visual stimulus
Hypnagogic	One's state immediately before one falls asleep
Sleep Spindles	Bursts of rapid, rhythmic brain wave activity (occurs approximately 20 minutes into Stage 2 Sleep)
Delta Waves	The large, slow brain waves associated with deep sleep
Information Processing	Most important information is processed out of our conscious awareness
Insomnia	Recurring problems in falling or staying asleep
Narcolepsy	A sleep disorder characterized by uncontrollable sleep attacks. The sufferer may lapse directly into REM sleep, often at inopportune times
Hypocretin	An alerting transmitter
Sleep Apnea	A sleep disorder characterized by temporary cessations of breathing during sleep and repeated momentary awakenings
Night Terrors	A sleep disorder characterized by high arousal and an appearance of being terrified; unlike nightmares, night terrors occur during Stage 4 sleep, within two or three hours of falling asleep, and are seldom remembered

Sleepwalking	A (usually) harmless Stage 4 disorder where one walks around and sometimes performs other actions in their sleep that includes sleep talking; the sleepwalker usually returns to their bed and don't recall anything the next morning
Dreams (in REM)	A sequence of images, emotions, and thoughts passing through a sleeping person's mind. Dreams are notable for their hallucinatory imagery, discontinuities, and incongruities. Also notable for the dreamer's delusional acceptance of the content and later difficulties remembering it
Manifest Content	According to Freud, the remembered story line of a dream
Latent Content	According to Freud, the underlying meaning of a dream
Dream theorists' possible explanations of why we dream : (more info pg.287-289, theories chart pg.289)	<ul style="list-style-type: none"> -To satisfy our own wishes -To file away memories (information processing) -To develop and preserve neural pathways -To make sense of neural static (neural activity is random, and dreams are the brain's attempt to make sense of it) -To reflect cognitive development
REM Rebound	The tendency for REM sleep to increase following REM sleep deprivation (caused by repeated awakenings during REM sleep)
Hypnosis	A social interaction in which one person (the hypnotist) suggests to the other (the subject) that certain perceptions, feelings, thoughts, or behaviors will spontaneously occur
Hypnotic Susceptibility/Hypnotic Ability	The ability to focus attention totally on a task, to be imaginatively absorbed in it, to entertain fanciful possibilities
Age Regression	The supposed ability to relive childhood experiences
Posthypnotic Suggestions	A suggestion made to the subject during a hypnosis session, to be carried out after the subject is no longer hypnotized (used by some hypnotists to help control undesired symptoms/behaviors)
Dissociation	A split in consciousness, which allows some thoughts and behaviors to occur simultaneously with others
Psychoactive Drugs	A chemical substance that alters perceptions and mood
Tolerance	The diminishing effect with regular use of the same dose of a drug, requiring the user to take larger and larger doses before experiencing the drug's effect

Withdrawal	The discomfort and distress that follow discontinuation the use of an addictive drug
Physical Dependence	A physiological need for a drug, marked by unpleasant withdrawal symptoms when drug use is discontinued
Psychological Dependence	A psychological need to use a drug, such as to relieve negative emotions
Addiction	Compulsive drug craving and use
Depressants	Drugs that reduce neural activity and slow bodily functions
Barbiturates	Drugs that depress the activity of the central nervous system, reducing anxiety but impairing memory and judgement
Opiates	Drugs that depress neural activity, temporarily lessening pain and anxiety
Stimulants	Drugs that excite neural activity and speed up body functions
Amphetamines	Drugs that stimulate neural activity, causing speeded-up body functions and associated energy and mood changes
Methamphetamine	A powerfully addictive drug that stimulates the central nervous system, with speeded-up body functions and associated energy and mood changes; appears to reduce baseline dopamine levels over time
Ecstasy (a.k.a. MDMA [Methylenedioxymethamphetamine])	A synthetic stimulant/mild hallucinogen. Produces euphoria and social intimacy, but with short-term health risks and longer-term harm to serotonin-producing neurons and to mood and cognition
Hallucinogens	Drugs that distort perceptions and evoke sensory images in the absence of sensory input
LSD	A powerful hallucinogenic drug
THC	The major active ingredient in marijuana; triggers a variety of effects, including mild hallucinations
Dopamine Reward Circuit	Biological basis for addiction; the brain pleasure pathway
Near-Death Experience	An altered state of consciousness reported after a close brush with death; often similar to drug induced hallucinations
Dualism	The presumption that mind and body are two distinct entities that interact
Monism	The presumption that mind and body are different aspects of the same thing

