**Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Goal Sheet-----Unit Five: States of Consciousness**

**Objectives: 1. Describe the research related to sleep and dreams 2. List and discuss sleep disorders 3. Determine how hypnosis relates to consciousness 4. Describe research into such techniques as biofeedback and meditation 5. Describe the effects drugs have on consciousness**

|  |  |
| --- | --- |
| Consciousness |  |
| Circadian Rhythm |  |
| REM Sleep |  |
| Sleep |  |
| Brain Waves |  |
| Sleep Stages |  |
| Sleep Deprivation |  |
| Insomnia |  |
| Narcolepsy |  |
| Sleep Apnea |  |
| Nightmares |  |
| Night Terrors |  |
| Dreams |  |
| Sleepwalking |  |
| REM Rebound |  |
| Hypnosis |  |
| Posthypnotic Amnesia |  |
| Posthypnotic Suggestion |  |
| Biofeedback |  |
| Meditation |  |
| Dissociation |  |
| Hidden Observer |  |
| Psychoactive Drug |  |
| Physical Dependence |  |
| Psychological Dependence |  |
| Tolerance |  |
| Withdrawal |  |
| Depressants |  |
| Stimulants |  |
| Hallucinogens |  |
| Barbiturates |  |
| Opiates |  |
| Amphetamines |  |
| Ecstasy (MDMA) |  |
| LSD |  |
| THC |  |
| Near Death Experience |  |

Essential Questions

1. Why is sleep characterized as an altered state of consciousness? Why do you think we sleep?
2. What type of medical conditions could be helped through biofeedback?
3. Why is it so important that the person being hypnotized trust his/her hypnotist?
4. When does drug use become drug abuse? Why do people abuse drugs?
5. Do people use psychoactive drugs to increase or decrease their level of awareness? Explain.