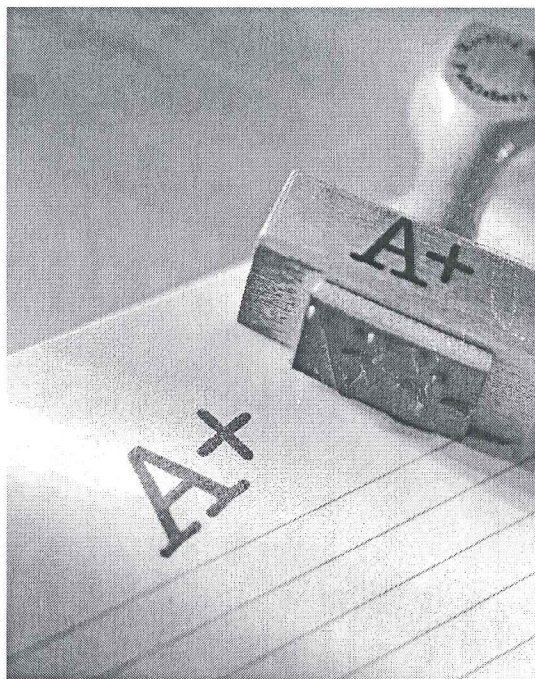


SMART PAGES



STUDY GUIDE/TEST REVIEW QUESTIONS

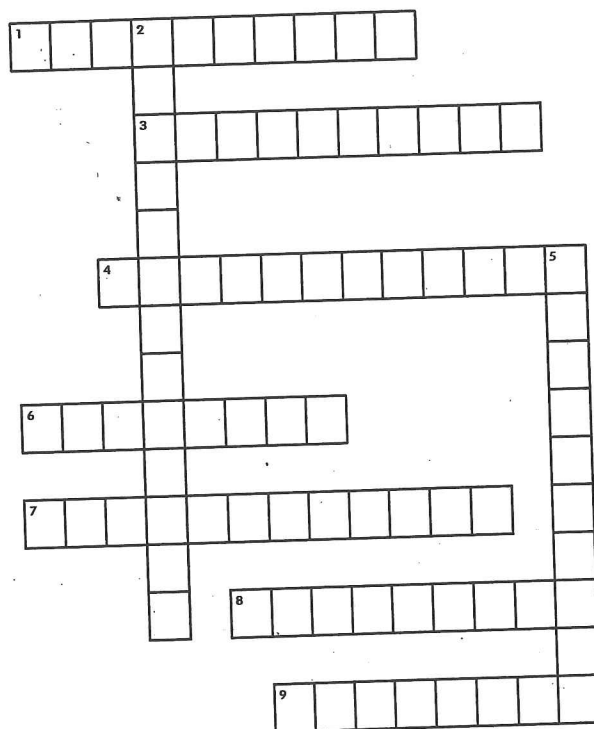
FOR YOUR REFERENCE. I won't be collecting these if you are on task, complete chapter review questions and follow through with class assignments. NOTE: You may choose to complete these as they will help reinforce your learning. Repetition and practice are the keys to success. You decide!

Vocabulary Activity

7-1

Sleep and Dreams

Directions: Use the following clues to complete the puzzle below, then answer the question in the space provided.



ACROSS

1. a sleep disorder in which someone falls asleep suddenly during the day
3. frightening dreams
4. sleep disruptions during Stage IV sleep involving screaming, panic, or confusion
6. the stage of sleep during which dreaming occurs
7. walking or carrying out behaviors while asleep
8. the rhythm set by a biological clock that regulates physiological processes
9. a prolonged inability to get enough sleep

DOWN

2. a state of awareness
5. a sleep disorder that causes frequent interruption in breathing

Directions: Answer the following question in the space provided.

10. Why do we dream?

Guided Reading Activity

7-1



Sleep and Dreams

For use with textbook pages 183-190

Directions: Recalling the Facts Use the information in your textbook to answer the questions.

1. What is sleep? _____

2. Describe three views on why we sleep. _____

3. What are the characteristics of Stage I sleep? _____

4. What happens during REM sleep? _____

5. What is jet lag and how do you cure it? _____

6. List five types of sleep disorders. _____

7. What are the causes of sleep apnea? _____

8. What is the difference between nightmares and night terrors? _____

9. How do dreams change as the night progresses? _____

10. Why did Sigmund Freud believe dreams are important? _____

Guided Reading Activity

7-2



Hypnosis, Biofeedback, and Meditation

For use with textbook pages 191–195

Directions: Outlining Locate the heading in your textbook. Then use the information under the heading to help you write each answer.

I. Hypnosis, Biofeedback, and Meditation

A. Introduction

1. Some operations have been performed without using anesthesia. How is this possible? _____

B. What Is Hypnosis?

1. What is hypnosis? _____

2. How does hypnosis work? _____

3. Can a hypnotist force the participant to do things against his or her will? Why or why not? _____

4. What is the neodissociation theory of hypnosis? _____

5. Give three examples of uses of hypnosis. _____

C. Biofeedback

1. How has biofeedback been used? _____

2. What is the basic principle of biofeedback? _____

D. Meditation

1. How can people benefit from meditation? _____

Vocabulary Activity

7-3

Drugs and Consciousness

Directions: Complete each sentence using the terms below.

hallucinations

marijuana

hallucinogens

psychoactive drugs

LSD

1. _____ is the dried leaves and flowers of the Indian hemp plant.
2. _____ are perceptions that have no direct external cause.
3. _____ interact with the central nervous system to alter a person's mood, perception, and behavior.
4. The best known and most potent hallucinogen is _____.
5. Psychedelic drugs are also known as _____.

Directions: Answer the following questions in the space provided.

6. What are the common effects of LSD?

7. List seven categories of psychoactive drugs and an example of each.

Guided Reading Activity

7-3



Drugs and Consciousness

For use with textbook pages 197-202

Directions: Filling in the Blanks Use your textbook to fill in the blanks using the words in the box.

abusers

alcohol

augments

breathing

control

depressant

dreaming

inhibit

memory

narcotics

perceptions

physically

plants

psychologically

synthetic

Marijuana

Marijuana is not **1** _____ addictive but may cause people to become **2** _____ addicted. In general, marijuana **3** _____ sensory experiences. It also disrupts **4** _____ formation, making it difficult to carry out mental and physical tasks.

Hallucinations and Hallucinogens

Hallucinations are **5** _____ that have no direct external cause. Hallucinations can occur under normal conditions, such as when a person is **6** _____. Hallucinogens are found in **7** _____. One of the most powerful hallucinogens, however, is LSD, which is a **8** _____ substance.

Opiates and Alcohol

Opiates are usually called **9** _____. An overdose results in a loss of control of **10** _____. The most widely used and abused mind-altering substance in the United States is **11** _____. It is actually a **12** _____ that serves to **13** _____ the brain's normal functions.

Drug Abuse and Treatment

Drug **14** _____ are people who regularly use illegal drugs or excessively use legal drugs. The greatest risk associated with use of psychoactive drugs is loss of **15** _____.

Vocabulary Activity

7-2

Hypnosis, Biofeedback, and Meditation

Directions: Read each statement below and then write the letter of the correct answer in the space provided.

- _____ 1. An altered state of consciousness characterized by heightened suggestibility is
A. biofeedback. B. hypnosis. C. meditation. D. posthypnotic suggestion.
- _____ 2. A person learns to control his or her physiological processes by using
A. biofeedback. B. hypnosis. C. meditation. D. posthypnotic suggestion.
- _____ 3. Ideas given during hypnosis to suppress memory are a form of
A. biofeedback. B. hypnosis. C. meditation. D. posthypnotic suggestion.
- _____ 4. Theodore Barber believed _____ was not a special state of consciousness.
A. biofeedback B. hypnosis C. meditation D. posthypnotic suggestion
- _____ 5. Focused attention that clears one's mind and results in relaxation is known as
A. biofeedback. B. hypnosis. C. meditation. D. posthypnotic suggestion.
- _____ 6. Mindfulness _____ focuses on the present moment.
A. biofeedback B. hypnosis C. meditation D. posthypnotic suggestion
- _____ 7. _____ involves using machines to inform a person of subtle changes in his or her body.
A. Biofeedback B. Hypnosis C. Meditation D. Posthypnotic suggestion
- _____ 8. Therapists use _____ to help clients reveal their problems and gain insights into their lives.
A. biofeedback B. hypnosis C. meditation D. posthypnotic suggestion
- _____ 9. When a person starts sneezing whenever she starts to light a cigarette, _____ may have been employed to help her change unwanted behaviors such as smoking or overeating.
A. biofeedback B. hypnosis C. meditation D. posthypnotic suggestion
- _____ 10. Using _____, a person can learn to relax a single muscle.
A. biofeedback B. hypnosis C. meditation D. posthypnotic suggestion

Directions: Answer the following question in the space provided.

11. What are common uses of hypnosis?
