Define Consciousness. What does the acronym AWARENESS stand for? The book differentiates between the AWARE part (main features) and NESS (secondary features). Describe or explain two of the main features and one of the secondary features. What does the term “neural correlate of consciousness” refer to? List and explain three of the functions of consciousness.

Describe the stages of a normal sleep pattern (it may be helpful to draw a diagram and label it). What characterizes each stage? How long (approximately) do they last? How long does the whole cycle last? What neurological tool is used to study sleep patterns? How much sleep do people need? Does it vary, if so how? What are 3 signs and/or side effects of sleep deprivation? How does lack of stage 4 sleep affect you differently than lack of REM sleep? If I fell asleep at 10PM, why might I feel more refreshed if I woke at 5:30 rather than 6:30?

What stage of sleep do dreams occur in? What are the 4 functions of dreams (we discussed 4 in class, 2 were in your book)? Explain or differentiate between each function. If I slept for only 4 hours a night, what effect would that have on my dreams? List one way of sleeping pill might affect my dreams (hint: Hypnotics affect it differently than stimulants and antidepressants).

What are the three main categories of psychoactive drugs? Give a description and example for each. Name two drugs that fit into more than one category and explain which categories it fits into and why? What are tolerance and withdrawal? What is the difference between psychological dependence and physiological dependence? Have you ever tried to go off a drug (including caffeine, alcohol, cigarettes, etc.)? What was the experience like? What kind(s) of dependence were you exhibiting? Would an internet addiction be physical or psychological dependence and why? Is it true that once is enough for addiction when it comes to drugs (for example, is one puff of marijuana enough to make you addicted)?