States of Consciousness

<u>Conscious</u>: A state of awareness including a person's ideas, emotions, thoughts and perception.

Altered states of consciousness:

-This phrase refers to states of consciousness that occur outside of your normal state of consciousness. Examples: sleep, meditation, drug-induced, and hypnosis.

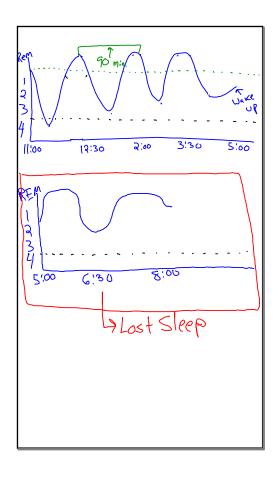
Sleep

- -Most common altered state of consciousness. Humans spend 1/3 of their lives in this A.S.o.C.
- -Sleep is characterized by certain types of brain activity that differ from waking states.
- Sleep is monitored by an <u>E.E.G.</u> or electroencephalogram which monitors brain activity. This is usually gathered as part of a Sleep Study.



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Types of Sleep

Non-REM: 4 stages. The first stage is the lightest and the fourth is the deepest.

REM Sleep: REM sleep stand for Rapid Eye Movement which is a key characteristic of this stage of sleep. A period of intense brain activity in which vivid dreams are very common, as is irregular breathing and the paralyzation of skeletal muscles.

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Rem 90 min. 1 2 3 1/2 vee UP 11:00 17:30 2:00 3:30 5:00
5'00 6'30 8:00
1- Lost Sleep

Non-REM Sleep
Stage I
- irregular breathing, changes in heart rate, etc.
in heart rate, etc.
2 Lovery lightslerp.
1 De Progressively degrees.
Progressively deaper. Regulor breathing.
4 Very little brain activity.
4 Very little brain activity. Difficult to wake from
REM Sleep 5
REM-Rapid Eye Movement
- A period of intence brain activity, vivid draws and
activity, vivid dreums and
Parlyzation of Skeletal muscles.
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Types		

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Anar penningangangangganggangganggangganggangga		TIME (hours)	

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- The amount of time Spent in REM increases
-As the longer you sleep. -As the night progresses, You are less likely to hit the deepest stages of
hit the deepest sign so i

Nigh	+ Marp	5	
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- 6	5CCU1	during	REM
	Sleer	_	

Night Terrors

- Occur outside of REM

both are vivid, realistic.

- Sleep walking occurs

outside of REM.

Sleep Walking	
OCCUS in Non-R	EM
Sleep.	

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Dream Theories 1, Unconscious

1. Unconscious Wish Fulfillment Theory (Freud)

Theory (Freud)
- dreams represent
UNCONSCIOUS CONCEINS,
Wishes or desires

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of the unconscious mind. Freud believed that sleep allowed our subconscious mind to process things while we sleep. He believed that the content of our dreams could indicate the issues that our subconscious minds were working on.

- dreams have mraning. Signand Freudo Red Freudo Red Freudo Synthesis Theory
- Dreams have no meaning. Electrical Stimuli trigger memories, feelings, Sights + images while

	
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You sleep. Your brain Processes these into a be lievable" Story
line." 3. Dreams for Survival
Theory Oreans allow us to reprocess and reconsider into. That is vital to our survival.

- Very important is Skeletal-Muscular tasks. X-Do not include in paper.

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4. Reverse Learning
Theory

- Dream's represent a "nental House cleaning" in which you dr scard unneeded in For accumulated during the day.

The Five Stage:	s of Sleep (One Fu	II Cycle)
Stage 1 Stage 2	Stage 3 Stage 4	REM Sleep
ALPHA BETA - S1 S2	S3 S4	THETA REM

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Hypnotism
State of heightened
State of heightened gestibility.

15% Very Susceptible
15% not susceptible
- Impossible to tell the
difference between someone
who is faking and someone
Who is not without an EEG

- Very exective
in treating smoking,
addiction, weight loss,
Pain selrefett.

You can not force
Someone to do something
against their will when
hyprotized.
- This is not the imperios
Curse and You are not again.

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- Meditative State
- Some people who are trained in Meditation
Can achieve an A.S.O.C as well.
N > WCIII.

-Other States
- drug induced.
Las Have you had
Coffee today?

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