1. Rapid eye movement sleep, a recurring sleep stage during which vivid dreams commonly occur

2. Drugs (such as caffeine, nicotine, and the more powerful amphetamines, cocaine, and Ecstasy) that excite neural activity and speed up body functions.


4. Distortion in perception of reality: cause hallucinations, loss of identity, and vivid fantasy

5. A category of psychoactive drugs that are chemically similar to morphine and have strong pain-relieving properties.

6. the large, slow brain waves associated with deep sleep

7. Difficulty in falling asleep or staying asleep

8. A sleep disorder characterized by uncontrollable sleep attacks. The sufferer may lapse directly into REM sleep, often at inopportune times.

9. A powerful hallucinogenic drug; also known as acid (lysergic acid diethylamide).

10. A progressive decrease in a person’s responsiveness to a drug.
1. Hypnosis

2. Consciousness

3. Amphetamines

4. Physical dependence

5. Dualism

6. THC

7. Hidden observer

8. Psychoactive drug

9. Near-death experience

10. Biological rhythms

1. A detached part of the hypnotized person's awareness that silently observes events.

2. A deep state of relaxation where an individual is more susceptible to suggestions.

3. Our awareness of ourselves and our environment.

4. A physiological need for a drug, marked by unpleasant withdrawal symptoms when the drug is discontinued.

5. An altered state of consciousness reported after a close brush with death (such as through cardiac arrest); often similar to drug-induced hallucinations.

6. Any repeating cycle of biological activity, such as sleep and waking cycles or changes in body temperature.

7. The presumption that mind and body are two distinct entities that interact.

8. A chemical substance that alters perceptions and moods.

9. The major active ingredient in marijuana; triggers a variety of effects, including mild hallucinations.

10. Drugs that stimulate neural activity, causing speeded-up body functions and associated energy and mood changes.

1. A suggestion, made during a hypnosis session, to be carried out after the subject is no longer hypnotized.

   a. Hypnosis

   b. Dissociation

   c. Posthypnotic amnesia

   d. Posthypnotic suggestion

According to Freud, the remembered story line of a dream:

   a. Manifest content

   b. Latent content

   c. Amphetamines

   d. Barbiturates
A physiological cycle of about 24 hours that is present in all eukaryotic organisms and that persists even in the absence of external cues.

a. barbiturates
b. biological rhythms
c. dualism
d. circadian rhythm

Drugs (such as alcohol, barbiturates, and opiates) that reduce neural activity and slow body functions.

a. stimulants
b. delta waves
c. dream
d. depressants

According to Freud, the underlying meaning of a dream

a. manifest content
b. sleep apnea
c. latent content
d. barbiturates

A split in consciousness, which allows some thoughts and behaviors to occur simultaneously with others.

a. insomnia
b. hallucinations
c. dissociation
d. opiates
the relatively slow brain waves of a relaxed, awake state

a. opiates
b. alpha waves
c. delta waves
d. amphetamines

Altered state of consciousness; melatonin might be a significant neurochemical in this process

a. REM sleep
b. LSD
c. sleep
d. dream

Supposed inability to recall what one experienced during hypnosis

a. posthypnotic suggestion
b. posthypnotic amnesia
c. sleep apnea
d. hypnosis

1. REM rebound → the tendency for REM sleep to increase following REM sleep deprivation (created by repeated awakenings during REM sleep)

   ○ True   ○ False

2. dream → Altered state of consciousness; melatonin might be a significant neurochemical in this process

   ○ True   ○ False

3. hallucinations → Distortion in perception of reality: cause hallucinations, loss of identity, and vivid fantasy
4. sleep apnea → A sleep disorder characterized by temporary cessations of breathing during sleep and repeated momentary awakenings.

5. psychological dependence → The condition that exists when a person must continue to take a drug in order to satisfy intense mental and emotional craving for the drug.

6. night terrors → A sleep disorder characterized by high arousal and an appearance of being terrified

7. monism → The presumption that mind and body are two distinct entities that interact.

8. withdrawal → The discomfort and distress that follow discontinuing the use of an addictive drug

9. barbiturates → A category of psychoactive drugs that are chemically similar to morphine and have strong pain-relieving properties.
Written Questions

1. REM Sleep
2. Stimulants
3. Ecstasy
4. Hallucinogens
5. Opiates
6. Delta Waves
7. Insomnia
8. Narcolepsy
9. LSD
10. Tolerance

Matching Questions

1. b
2. c
3. j
4. d
5. g
6. i
7. a
8. h
9. e
10. f

Multiple Choice Questions

1. d
2. a
3. d
4. d
5. c
6. c
7. b
8. c
9. b

True/False Questions

1. True
2. False
3. False
4. True
5. True
6. True
7. False
8. True
9. False