

Chapter 4 Questions

1. Discuss the various levels of consciousness. What is happening on each level? Why did Freud say that human levels of consciousness were like an iceberg?
2. What are the stages of sleep? What is the brain activity level of each of these stages and how do researchers know when we are transitioning from stage to stage?
3. What are some of the theories on why we sleep? Which theory make the most sense to you and why?
4. What are the theories on why we dream? Which one makes the most sense to you and why?
5. What are the principles behind the use of hypnosis? What kind of issues/problems would hypnosis be used for?
6. How do drugs work to affect our consciousness? Please explain how the following substances affect our consciousness: Alcohol, Marijuana, Heroin, Cocaine, MDMA, LSD, Caffeine, and Nicotine.