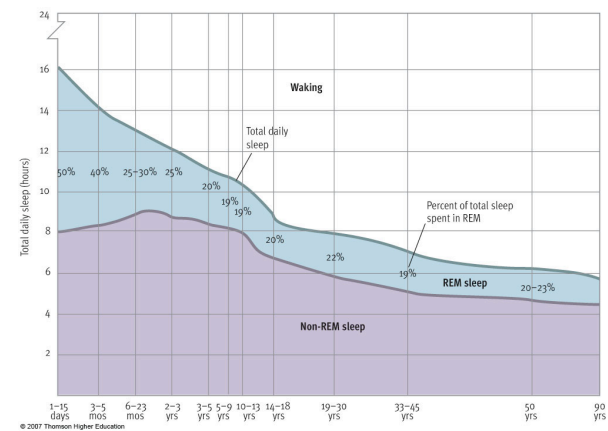
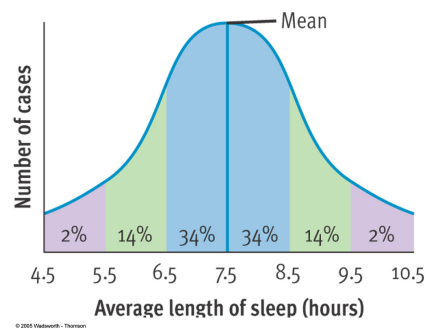


Variations in Consciousness

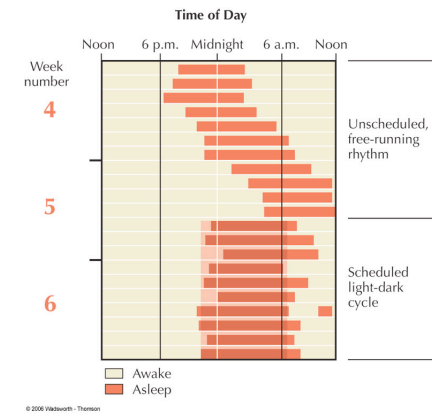
Chapter 5

Sleep



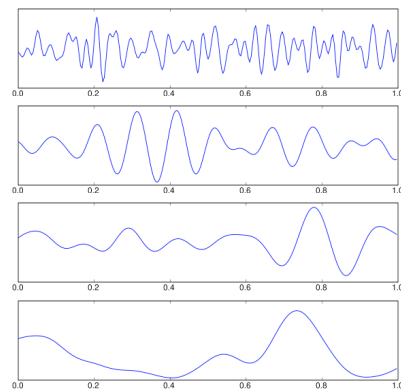
Circadian Rhythms

- Melatonin



Electroencephalograph

- Beta (13-24 cps)
- Alpha (8-12 cps)
- Theta (4-7 cps)
- Delta (<4 cps)



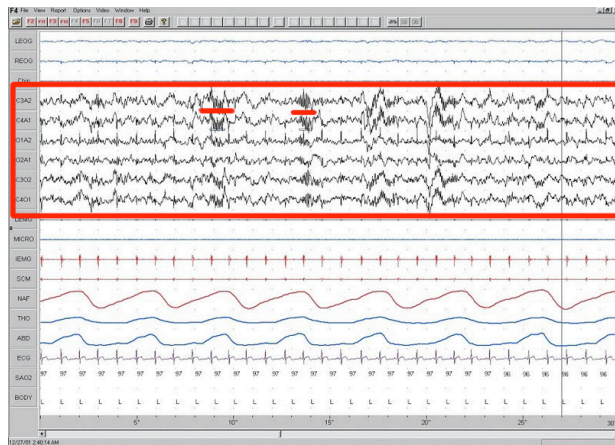
Stages of Sleep

- Stage I
- Hypnic jerks



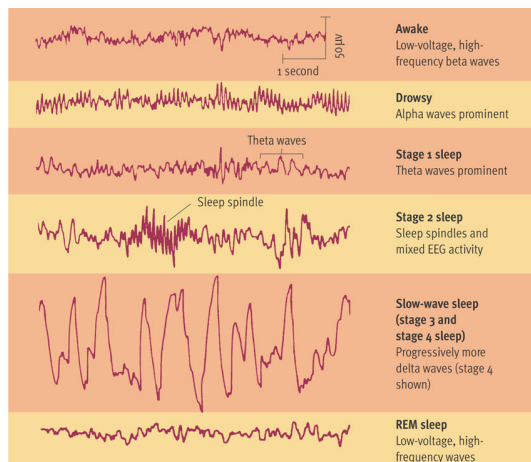
Stages of Sleep

- Stage 1
- Stage 2
- Spindles

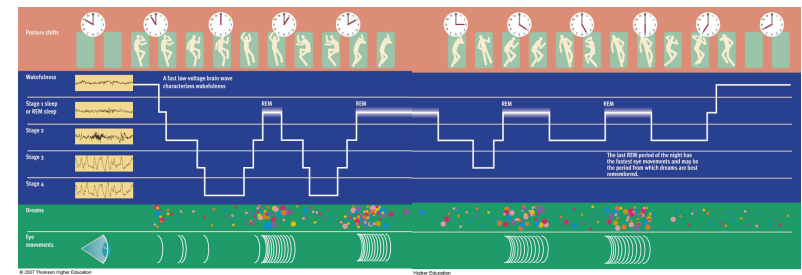


Stages of Sleep

- Stage 1
- Stage 2
- Spindles
- Stages 3 & 4
- REM sleep



The Sleep Cycle



Why?

- Hypothesis 1: To conserve energy?
- Hypothesis 2: Hide from danger?
- Hypothesis 3: Restore the body?

Sleep Disorders

- Insomnia
- Narcolepsy
- Sleep Apnea
- Somnambulism



Suggestions for better sleep

- No caffeine past afternoon
- Exercise
- Sleep restriction
- If you aren't falling asleep, get up!
- Don't use sleeping pills!
- Don't drink too much alcohol

Dreams

- Freud: Wish fulfillment
 - manifest vs. latent content
- Cartwright: Problem solving
- Hobson: Activation-synthesis
- Daily residue
- External stimuli

College Student Dream Content

Topic	%	Topic	%
Falling	83	Finding money	56
Being attacked	77	Swimming	52
Trying repeatedly	71	Snakes	49
School	71	Being dressed wrong	46
Sex	66	Being suffocated	44
Being late	64	Being naked	43
Eating	62	Fire	41
Frozen with fear	58	Failing an exam	39
Loved one's death	57	Seeing oneself dead	33
Being locked up	56	Killing someone	26

Drugs

Chapter 5: Variations in Consciousness

Drugs

- Narcotics/opiates
- Sedatives
- Stimulants
- Hallucinogens
- Cannabis
- Alcohol

Narcotics/opiates

- Opium
- Morphine
- Heroin
- Codeine
 - Oxycodone, hydrocodone
- Tolerance
- Withdrawal

Sedatives

- Barbiturates
- Methaqualone (quaalude)
- Benzodiazepines
 - Valium, xanax, klonopin
- Sodium amytal
- GHB, rohypnol

Stimulants

- Cocaine
 - Crack cocaine
- Amphetamines
- Methamphetamine
- Ritalin
- Caffeine
- Nicotine

Hallucinogens

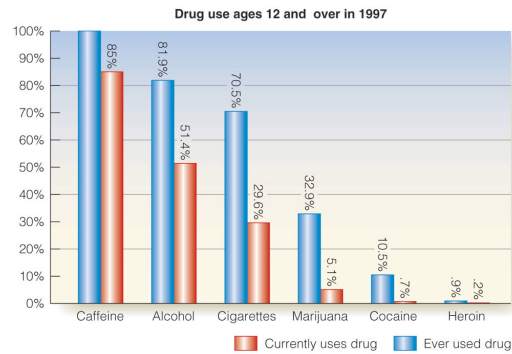
- Lysergic acid diethylamide
- Mescaline
- Psilocybin
- MDMA

Cannabis

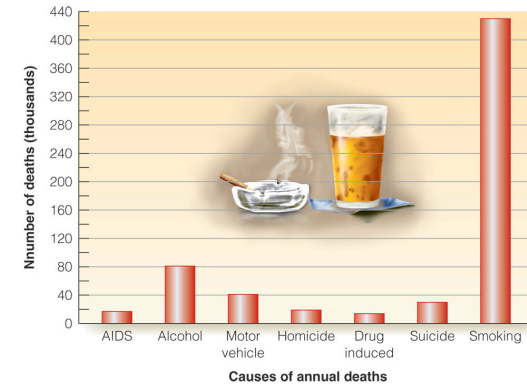
- Marijuana
- Tetrahydrocannabinol
- Reverse-tolerance (?)

Alcohol

- Fermentation, distillation
- Standard drink
- $BAC = (\text{std. drinks} \times .03) - (\text{hours} \times .02)$
- $LD50 = .40 \text{ BAC}$
- Binge drinking



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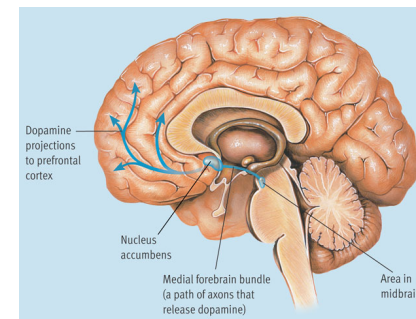


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Table 5.3 Psychoactive Drugs: Tolerance, Dependence, Potential for Fatal Overdose

Drugs	Tolerance	Risk of Physical Dependence	Risk of Psychological Dependence	Fatal Overdose Potential
Narcotics (opiates)	Rapid	High	High	High
Sedatives	Rapid	High	High	High
Stimulants	Rapid	Moderate	High	Moderate to high
Hallucinogens	Gradual	None	Very low	Very low
Cannabis	Gradual	None	Low to moderate	Very low
Alcohol	Gradual	Moderate	Moderate	Low to high

Mesolimbic Dopamine Pathway



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