Consciousness AP Psycho

Levels of consciousness:

1. Conscious Awareness:
2. Unconsciousness:
3. Pre/Subconscious:

Rhythms

1. Free Running Cycle:
2. Circadian:
3. Ultradian:
4. Infradian:

Characteristics of Sleep

Stages of Sleep Physical and Mental Characterisitics

***NREM***

*Stage 1:*

*Stage 2:*

*Stage 3:*

*Stage 4:*

***REM***

*Diagram of brain waves by stage*

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Awake Stage 1 Stage 2 Stage 3 Stage 4 Stage 3 Stage 2 REM Stage 2 Stage 3 Stage 4 Stage 3 etc

Diagram of Sleep Cycle:

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1 2 3 4 5 6 7 8

Number of Hours

**Compare and Contrast Nightmares and Night Terrors (Incubus attacks)**

Sleep Disorders

Narcolepsy:

Insomnia:

Somambulance:

**Why do we dream? Theory of Dreams**

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2.

3.

4.

**What is lucid dreaming? How does it work?**