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| **NAME:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**    **UNIT 5: STATES OF CONSCIOUSNESS**  PRACTICE QUESTIONS   |  |  |  | | --- | --- | --- | | **Multiple Choice** *Identify the letter of the choice that best completes the statement or answers the question.* | | | |  | 1. | Which of the following is NOT associated with REM sleep?   |  |  | | --- | --- | | A) | irregular breathing | | B) | high frequency brain waves | | C) | heightened muscle tension | | D) | irregular pulse rate | | E) | dreaming | | |  | 2. | Evidence suggests that we consolidate our memories of recent life events through:   |  |  | | --- | --- | | A) | hypnagogic sensations | | B) | REM sleep. | | C) | alpha wave sleep. | | D) | slow-wave sleep. | | E) | dissociation. | | |  | 3. | As a typical night of sleep progresses, \_\_\_\_\_\_\_\_\_\_\_\_\_\_ sleep gets shorter while \_\_\_\_\_\_\_\_\_\_\_\_\_\_ sleep gets longer.   |  |  | | --- | --- | | A) | stage 4; stage 2 | | B) | stage 4; REM | | C) | stage 2; stage 3 | | D) | REM; stage 4 | | E) | REM; stage 2 | | |  | 4. | In REM sleep, the EEG resembles that of a person who is awake and mentally active, but   |  |  | | --- | --- | | A) | the person's chances of dreaming are very slight. | | B) | it is very difficult to rouse the person. | | C) | the person's muscle tone decreases to the point of virtual paralysis. | | D) | the person will not experience any twitches or muscle spasms. | | E) | the person's blood pressure is low and the heartbeat is calm. | | |  | 5. | Sleeping pills tend to \_\_\_\_\_\_ the amount of sleep one receives and \_\_\_\_\_\_\_ the quality of that sleep.   |  | | --- | | 1. decrease; increase 2. increase; decrease 3. increase; have no effect 4. decrease; decrease 5. increase; increase | | |  | 6. | Jonathan has a terrible dream in which he's being strangled by the tentacles of an octopus. When he wakes up, Jonathan remembers the frightening dream very well and immediately writes about it in his sleep journal. Jonathan appears to be experiencing   |  |  | | --- | --- | | A) | sleep apnea. | | B) | a night terror. | | C) | narcolepsy. | | D) | REM behavior disorder. | | E) | a nightmare. | | |  | 7. | According to Freud, the latent content of a dream refers to:   |  |  | | --- | --- | | A) | the sensory stimuli in the sleeping environment that are incorporated into the dream. | | B) | the actual content of the dream without any interpretation. | | C) | its accompanying brain-wave pattern. | | D) | the previous day's events that prompted the dream. | | E) | its underlying but censored meaning. | | |  | 8. | Compared to when they were only 20 years old, 60-year-olds:   |  |  | | --- | --- | | A) | spend more time in paradoxical sleep. | | B) | complete the sleep cycle more slowly. | | C) | spend less time in deep sleep. | | D) | spend less time in Stage 1 sleep. | | E) | spend more time in deep sleep. | | |  | 9. | Which sleep disorder is more likely to be experienced by children than by adults?   |  |  | | --- | --- | | A) | narcolepsy | | B) | night terrors | | C) | sleep apnea | | D) | sleep talking | | E) | insomnia | | |  | 10. | Stage 2 sleep is to \_\_\_\_\_\_\_\_ as Stage 4 sleep is to \_\_\_\_\_\_\_\_.   |  |  | | --- | --- | | A) | alpha waves; rapid eye movements | | B) | delta waves; alpha waves | | C) | alpha waves; sleep spindles | | D) | delta waves; sleep spindles | | E) | sleep spindles; delta waves | | |  | 11. | Stage 1 sleep is represented by EEG brain-wave patterns referred to as   |  |  | | --- | --- | | A) | alpha waves | | B) | gamma waves | | C) | synchronisitic waves | | D) | zeta waves | | E) | REM waves | | |  | 12. | During which stage of sleep does the person report they were "just drifting"?   |  |  | | --- | --- | | A) | Stage II | | B) | REM Sleep | | C) | Stage IV | | D) | Stage III | | E) | Stage I | | |  | 13. | Fred, Barney, George, and Bart are ten years old, and each suffers from a different sleep disorder. Fred occasionally shifts suddenly during the day from a normal waking state into several minutes of sleep, during which time he has very little muscle tone and is effectively immobile. Barney walks in his sleep (but does nothing else), while George sometimes moves to act out his dreams. Bart has nightmares (not night terrors). Who is least likely to be in the REM stage of sleep when he exhibits his symptoms?   |  |  | | --- | --- | | A) | Fred and George | | B) | Fred | | C) | Bart | | D) | George | | E) | Barney | | |  | 14. | Shane, a straight-A student, remembers dreaming that he failed an important chemistry test. According to Freud, Shane's account represents the \_\_\_\_\_\_\_\_ content of his dream.   |  |  | | --- | --- | | A) | paradoxical | | B) | latent | | C) | delusional | | D) | dissociated | | E) | manifest | | |  | 15. | REM sleep is called paradoxical sleep because:   |  |  | | --- | --- | | A) | we are deeply asleep but can be awakened easily. | | B) | our nervous system is highly active, while our voluntary muscles hardly move. | | C) | we are are sound asleep but conscious of everything going on in our immediate environment. | | D) | our heart rate is slow and steady, while our breathing is highly irregular. | | E) | it leads to highly imaginative dreams that are perceived as colorless images. | | |  | 16. | Three hours after going to sleep, Shoshanna's heart rate increases, her breathing becomes more rapid, and her eyes move rapidly under her closed lids. Research suggests that Shoshanna is:   |  |  | | --- | --- | | A) | exhibiting a sleep spindle. | | B) | dreaming. | | C) | entering the third stage of sleep. | | D) | experiencing a night terror. | | E) | ready to sleepwalk. | | |  | 17. | Deep sleep is associated with which stage of sleep?   |  |  | | --- | --- | | A) | Stage IV | | B) | Stage II | | C) | REM Sleep | | D) | Stage III | | E) | Stage I | | |  | 18. | The pituitary gland releases a growth hormone during:   |  |  | | --- | --- | | A) | Stage 2 sleep. | | B) | light sleep. | | C) | slow-wave sleep. | | D) | paradoxical sleep. | | E) | Stage 1 sleep. | | |  | 19. | Jordanna has decided to go to bed early. Although her eyes are closed and she's very relaxed, she has not yet fallen asleep. An EEG is most likely to indicate the presence of:   |  |  | | --- | --- | | A) | paradoxical sleep. | | B) | alpha waves. | | C) | delta waves. | | D) | rapid eye movements. | | E) | sleep spindles. | | |  | 20. | Consciousness is:   |  |  | | --- | --- | | A) | effortless encoding of incidental information into memory. | | B) | the sudden and often novel realization of the solution to a problem. | | C) | our awareness of ourselves and our environment. | | D) | the ability to solve problems, reason, and remember. | | E) | the process of organizing and interpreting sensory information. | | |  | 21. | Sensations of falling or floating weightlessly (hypnagogic sensations) are most closely associated with \_\_\_\_\_\_\_\_ sleep.   |  |  | | --- | --- | | A) | Stage 2 | | B) | Stage 1 | | C) | Stage 4 | | D) | Stage 3 | | E) | REM Sleep | | |  | 22. | Which of the following is true of sleep?   |  |  | | --- | --- | | A) | One goes through stages 1, 2, 3, and 4, in order, then alternates randomly between stages 1, 2, and 3. | | B) | One passes through all stages of sleep, including REM, several times in a normal night. | | C) | Most of the night is spent in the deepest level of sleep (stage 4). | | D) | REM sleep becomes less frequent as the night progresses. | | E) | One spends an hour or two at each stage in turn, spending the last few hours at stage 4 and then at REM. | | |  | 23. | Judy is an avid cyclist. She often likes to ride her bicycle to unwind after work. One evening, while reflecting on her day, she realizes that she has broken her normal leg rhythm. This perception of her leg movements is now being processed by Judy at the \_\_\_\_\_\_\_\_ level.   |  |  | | --- | --- | | A) | preconscious | | B) | conscious | | C) | unconscious | | D) | subconscious | | E) | nonconscious | | |  | 24. | Anne has noticed that for the past three weeks she is unable to sleep for more than five hours at a time, even though she used to regularly get 8 hours of sleep per night. She wakes early in the morning and just can't fall back to sleep once this happens. It appears that Anne has developed   |  |  | | --- | --- | | A) | sleep apnea | | B) | insomnia | | C) | pseudoinsomnia | | D) | night terrors | | E) | somnambulism | | |  | 25. | The human sleep cycle repeats itself about every:   |  |  | | --- | --- | | A) | 90 minutes. | | B) | 15 minutes. | | C) | 4 hours. | | D) | 2 1/2 hours. | | E) | 30 minutes. | | |  | 26. | Which of the following sleep disorders would be the most incapacitating for a commercial bus driver?   |  |  | | --- | --- | | A) | narcolepsy | | B) | sleepwalking | | C) | insomnia | | D) | sleep apnea | | E) | night terrors | | |  | 27. | REM sleep is:   |  |  | | --- | --- | | A) | inhibited by alcohol and inhibited by sleeping pills. | | B) | facilitated by alcohol and not effected by sleeping pills. | | C) | facilitated by alcohol and inhibited by sleeping pills. | | D) | inhibited by alcohol and facilitated by sleeping pills. | | E) | facilitated by alcohol and facilitated by sleeping pills. | | |  | 28. | Which instruments are used to monitor sleep in the laboratory?   |  |  | | --- | --- | | A) | EEG, EOG, PET | | B) | EOG, MRI, EMG | | C) | EEG, EOG, ECG | | D) | EMG, PET, ECG | | E) | EEG, EMG, EOG | | |  |  |  | |  | 29. | Austin Powers travels from California to New York, chasing Dr. Evil across the country.  Austin then experiences fatigue, irritability, inattention, and sleeping problems due to the disruption of his \_\_\_\_\_\_, which caused \_\_\_\_\_\_.   |  |  | | --- | --- | | A) | sleep stages; sleep apnea | | B) | circadian rhythms; sleep apnea | | C) | lucid dreaming; jet lag | | D) | sleep stages; narcolepsy | | E) | circadian rhythms; jet lag | | |  | 30. | Teresa sleeps 16 hours a day and about half of that time is spent in REM sleep. From this information it is most likely that Teresa is   1. an infant. 2. forty years old. 3. addicted to heroin. 4. an opiate user. 5. ninety years old. | |  | 31. | At 1:00 am, Luis gets out of bed and begins to sleepwalk. An EEG of his brain activity is most likely to indicate the presence of:   |  |  | | --- | --- | | A) | REM sleep. | | B) | alpha waves. | | C) | Stage 1 sleep. | | D) | delta waves. | | E) | sleep spindles. | | |  | 32. | Ryan is hooked up to an electroencephalograph (EEG) in a sleep lab. As the researcher watches the printout from the EEG, sleep spindles begin to appear. Based on this information, the researcher can conclude that Ryan   |  |  | | --- | --- | | A) | has just entered Stage 2 sleep | | B) | has just entered Stage 1 sleep | | C) | has just entered Stage 3 sleep | | D) | is currently in REM sleep | | E) | is still awake, but is relaxed and drowsy | | |  | 33. | Signals sent from the suprachiasmatic nucleus to the pineal gland have been implicated in   |  |  | | --- | --- | | A) | alpha rhythm generation | | B) | resetting circadian rhythms | | C) | inducing sleep | | D) | causing one to awaken | | E) | causing one to dream | | |  | 34. | Traffic accident rates have been found to \_\_\_\_\_\_\_\_ after the spring change to daylight saving time and to \_\_\_\_\_\_\_\_ after the fall change back to standard time.   |  |  | | --- | --- | | A) | decrease; increase | | B) | increase; increase | | C) | increase; remain the same | | D) | increase; decrease | | E) | decrease; decrease | | |

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|  | 35. | Which of the following is NOT associated with REM sleep?   |  |  | | --- | --- | | A) | irregular breathing | | B) | high frequency brain waves | | C) | heightened muscle tension | | D) | irregular pulse rate | | E) | dreaming | | |
|  | 36. | 1. | When Celeste was unable to obtain her regular supply of heroin, she began to develop tremors, fever, and an intense craving for the drug. Celeste was experiencing symptoms of:   |  |  | | --- | --- | | A) | dissociation. | | B) | reactance. | | C) | withdrawal. | | D) | tolerance. | | E) | depression. | | | |
|  | 37. | Hypnotized people are no more likely to perform dangerous acts than those who are asked to simulate hypnosis. This fact is most consistent with:   |  |  | | --- | --- | | A) | social influence theory. | | B) | the activation-synthesis theory. | | C) | dissociation theory. | | D) | dualism theory. | | E) | Freud's dream theory. | | | |
|  | 38. | Dr. Huanca hypnotizes Travaughn and then tells him that from now on, whenever he feels the urge to smoke a cigarette, he will get up and get a glass of water instead. This instruction is an example of   |  |  | | --- | --- | | A) | reduce reality testing. | | B) | symptom substitution. | | C) | hypnotic replacement therapy. | | D) | posthypnotic suggestion. | | E) | hypnotic induction. |  |  | | --- | |  | | |
|  | 39. | Which of the following is a stimulant drug known as “speed” whose aftereffects may include seizures and periods of disorientation?   |  |  | | --- | --- | | A) | LSD | | B) | heroin | | C) | marijuana | | D) | Ecstasy | | E) | methamphetamine | | |
|  | 40. | Which drugs are most likely to be prescribed as tranquilizers?   |  |  | | --- | --- | | A) | alcohol | | B) | opiates | | C) | amphetamines | | D) | hallucinogens | | E) | barbiturates | | |
|  | 41. | Soon after taking a psychoactive drug, Zachary experienced a diminished appetite, an increased pulse rate, dilated pupils, and feelings of self-confidence and euphoria. Zachary most likely experienced the effects of:   |  |  | | --- | --- | | A) | LSD. | | B) | cocaine. | | C) | alcohol. | | D) | marijuana. | | E) | heroin. | | |
|  | 42. | Twenty-eight-year-old Theodore has an irrational fear of dogs. His therapist hypnotizes him and asks him to mentally relive his earliest childhood experience with a dog. The therapist is making use of:   |  |  | | --- | --- | | A) | age regression. | | B) | temporal dissociation. | | C) | REM rebound. | | D) | the hidden observer. | | E) | hypnagogic sensations. | | |
|  | 43. | In large doses, alcohol is a \_\_\_\_\_\_\_\_; in small amounts, it is a(n) \_\_\_\_\_\_\_\_.   |  |  | | --- | --- | | A) | stimulant; inhibitor | | B) | stimulant; stimulant | | C) | depressant; depressant | | D) | stimulant; depressant | | E) | depressant; stimulant | | |
|  | 44. | After ingesting a small dose of a psychoactive drug, Laqueta experienced vivid visual hallucinations and felt as if she were separated from her own body. Laqueta most likely experienced the effects of:   |  |  | | --- | --- | | A) | heroin. | | B) | crack cocaine | | C) | cocaine. | | D) | marijuana. | | E) | LSD. | | |
|  | 45. | A split in consciousness in which some thoughts occur simultaneously with and yet separately from other thoughts is called:   |  |  | | --- | --- | | A) | dissociation. | | B) | posthypnotic suggestion. | | C) | hypnosis | | D) | paradoxical sleep. | | E) | narcolepsy. | | |
|  | 46. | When your mental processes are sufficiently different from normal waking experience that you or an observer notice significant behavior changes, you are in a(n) \_\_\_\_\_\_\_\_\_\_\_\_\_\_ state of consciousness.   |  |  | | --- | --- | | A) | hallucinogenic | | B) | altered | | C) | active | | D) | nonconscious | | E) | preconscious | | |
|  | 47. | The belief that death involves the liberation of the soul from a bodily prison illustrates:   |  |  | | --- | --- | | A) | REM rebound. | | B) | dissociation. | | C) | narcolepsy. | | D) | monism. | | E) | dualism. | | |
|  | 48. | When cocaine is snorted, free-based, or injected, it produces a rush of euphoria by:   |  |  | | --- | --- | | A) | triggering a state of dissociation. | | B) | blocking endorphins | | C) | blocking the reuptake of dopamine. | | D) | depleting the brain's supply of serotonin. | | E) | stimulating the release of excess norepinephrine. | | |
|  | 49. | The awareness, or perception, of the environment and of our own mental processes is a good definition of   |  |  | | --- | --- | | A) | a Gestalt. | | B) | consciousness. | | C) | memory. | | D) | cognition. | | E) | dualism. | | |
|  | 50. | When Mark first tried to quit smoking, he experienced anxiety, irritability, and difficulty sleeping. Mark was experiencing:   |  |  | | --- | --- | | A) | hallucinations. | | B) | burnout. | | C) | post-traumatic stress disorder. | | D) | withdrawal. | | E) | dissociation. | | |

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