

# Learning Objectives

1. Understand consciousness as a continuum of awareness of one's internal and external environments, in which sleep and dreams are states of altered consciousness.
2. Learn the basic biology of sleeping and waking and the biological control of them.
3. Explain the interplay of stages and types of sleep that together make up a normal sleep cycle.
4. Learn what research says about your personal style as a sleeper and the differences in psychology.
5. Appreciate the winter depression called seasonal affective disorder.
6. Consider the competing theories of dreaming and dream interpretation.
7. Understand common sleep problems and their treatment and apply them to your own life, if necessary.

## Key Terms

- is fascinated by the topics in this module, especially sleep and dreaming. He is able to explain everything your friends want to know (well, enough to make them think he knows).
- thesis theory of consciousness
- extensions of waking life
- theory of dreams
- Freud's theory of dreams
- implicit or nondeclarative memory
- insomnia
- interval timing clock
- jet lag
- light therapy
- melatonin
- morning persons
- narcolepsy
- night terrors
- nightmares
- non-REM sleep
- questionnaire
- REM behavior disorder
- REM rebound
- REM sleep
- REM sleep apnea
- sleep apnea
- sleeping
- stage 1 sleep
- stage 2 sleep
- stage 3 sleep
- stage 4 sleep
- stages of sleep
- suprachiasmatic nucleus
- unconscious mind
- unconscious mind
- VPN (ventral posterior nucleus)

## Outline

1. Introduction
  - a. Defining a term (Definition)
  - b. What was the purpose of placing a person in a cave for four months?
  - c. Chance discovery (REM sleep)
  - d. Definition of Consciousness
2. Different states
  - a. Consciousness
  - b. Continuum of consciousness
    - (1) Controlled processes
    - (2) Automatic processes
    - (3) Daydreaming
    - (4) Altered states of consciousness
    - (5) Sleep and dreaming
    - (6) Unconscious (Sigmund Freud's theory) and implicit or nondeclarative memory
    - (7) Unconsciousness (physical)
3. Several kinds
  - a. Rhythms of Sleeping & Waking
4. Biological clocks
  - a. Biological clocks
  - b. Circadian rhythm
  - c. Length of day
5. Location of biological clocks
  - a. Suprachiasmatic nucleus
  - b. Interval timing clock
6. Circadian problems and treatments
  - a. Accidents
  - b. Jet lag
  - c. Resetting clock: light therapy
  - d. Melatonin
7. World of Sleep
  - a. Stages of sleep
    - (1) Alpha stage
    - (2) Non-REM sleep
    - (3) Stage 1 sleep

# Study Guide For Plotniks Introduction To Psychology

**Matthew Enos**



## **Study Guide For Plotniks Introduction To Psychology:**

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traumatic brain injury MTBI and chronic traumatic encephalopathy His book Without Stigma About the Stigma of the Mental Illness was published in 2018 and its second edition Without Stigma About the Stigma and the Identity of the Mental Illness appeared in early 2019 and has received nomination for 2020 NSW ACT Regional Achievement and Community Awards from Local health districts of NSW His books Pathophysiology of Psyche a novel La Vie De Camille Isa and The Ethnicity of Neurons were published in early 2021 2022 and 2023 respectively      **Introduction to Psychology** Rod Plotnik,1999 This full color paperbound version of the text offers students and professors an affordable alternative      *Tb-Introduction to Psychology* Plotnik,2007-07      **Introduction to Psychology** James W. Kalat,2005      Introduction to Psychology Plotnik,Matthew Enos,Mathew Enos,Arlene Zide,1999      *Subject Guide to Books in Print* ,1993      A Layman's Guide to Common Physical, Mental, Emotional Maladies and Their Healing Home Remedies Dr. Angel V. Somera M.D.,2020-03-05 This important book guides the reader how to Dissolve anxiety Ease chronic pain Lift depression Speed the healing process Each brief topic is fully up to date clearly presented and easy to use either for study work or pleasure And more importantly it can positively change one s mundane life style forever I have known Dr Angel V Somera M D since the last four decades and I have seen and witnessed how he has displayed a high sense of professionalism in his chosen profession which only a few Dumaguetenos can be at par I have known Dr Lito as a community leader writer and a good psychiatrist par excellence The community has known him since the time of college plays like The Sound of Music at St Paul University where he played the illustrious Capt Von Trapp until then he was a well respected personality in the civic circle On the launching of his book called A Layman s Guide to COMMON PHYSICAL MENTAL AND EMOTIONAL MALADIES let me give my full endorsement and support hoping that people who read it not only will appreciate Dr Somera s advocacies but his desire to make life better in his beloved community of ours in Dumaguete City Negros Oriental Philippines ELY P DEJARESCO Owner Manager The Negros Chronicle

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## **Table of Contents Study Guide For Plotniks Introduction To Psychology**

1. Understanding the eBook Study Guide For Plotniks Introduction To Psychology
  - The Rise of Digital Reading Study Guide For Plotniks Introduction To Psychology
  - Advantages of eBooks Over Traditional Books
2. Identifying Study Guide For Plotniks Introduction To Psychology
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Study Guide For Plotniks Introduction To Psychology
  - User-Friendly Interface
4. Exploring eBook Recommendations from Study Guide For Plotniks Introduction To Psychology
  - Personalized Recommendations
  - Study Guide For Plotniks Introduction To Psychology User Reviews and Ratings
  - Study Guide For Plotniks Introduction To Psychology and Bestseller Lists
5. Accessing Study Guide For Plotniks Introduction To Psychology Free and Paid eBooks
  - Study Guide For Plotniks Introduction To Psychology Public Domain eBooks
  - Study Guide For Plotniks Introduction To Psychology eBook Subscription Services

- Study Guide For Plotniks Introduction To Psychology Budget-Friendly Options
- 6. Navigating Study Guide For Plotniks Introduction To Psychology eBook Formats
  - ePub, PDF, MOBI, and More
  - Study Guide For Plotniks Introduction To Psychology Compatibility with Devices
  - Study Guide For Plotniks Introduction To Psychology Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Study Guide For Plotniks Introduction To Psychology
  - Highlighting and Note-Taking Study Guide For Plotniks Introduction To Psychology
  - Interactive Elements Study Guide For Plotniks Introduction To Psychology
- 8. Staying Engaged with Study Guide For Plotniks Introduction To Psychology
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Study Guide For Plotniks Introduction To Psychology
- 9. Balancing eBooks and Physical Books Study Guide For Plotniks Introduction To Psychology
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Study Guide For Plotniks Introduction To Psychology
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Study Guide For Plotniks Introduction To Psychology
  - Setting Reading Goals Study Guide For Plotniks Introduction To Psychology
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Study Guide For Plotniks Introduction To Psychology
  - Fact-Checking eBook Content of Study Guide For Plotniks Introduction To Psychology
  - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
- 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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