

You should be able to identify who these people are – what are they known for in Psychology!

**Key People**

* Sigmund Freud \*William James
* Ernest Hilgard

You should be able to define/explain/and provide an example (when appropriate) for the following terms. In addition, please remember this list should be used in combination with your textbook[[1]](#footnote-1).

**Key terms/concepts**

* **3 theories why we sleep**
* **Microsleeps**
* **REM sleep** (when do we have the least amount of REM sleep? When do we have the most REM sleep? What happens to brain activity during REM? What about heart rate?)
* **REM rebound**
* **NREM** (what happens to body?)
* **Sleep paralysis** (when does it occur?)
* **Hypnogogic hallucinations**
* **Sleep Stages** (How many stages? Know the order we progress through the stages at night, Deepest sleep stage? What kind of brain waves occur during deepest stage of sleep? *How long does it take to complete one full cycle of sleep?)*
* **Circadian rhythm** (average # hours in cycle and regulated by which part of the brain?)
* **Type of brain waves for each stage of sleep**
* **Sleep spindles** (which stage?)
* **4 hypotheses for why we dream**
* **Manifest content/latent content**
* **Sleep disorders**: narcolepsy, sleep apnea, insomnia, somnambulism, night terrors, REM behavior disorder)
* **States of Consciousness** (conscious, preconscious, non conscious altered states of consciousness)
* **Stream of consciousness** &William James
* **Hypnosis** (theories)
* **Meditation**
* **Major psychoactive drug categories** (stimulant, depressant, hallucinogens, antipsychotic)
* **Sub categories of depressants**: barbiturates, benzodiazepines, narcotics/opiates
* **Specific psychoactive drugs** (Cocaine

Marijuana, Alcohol,

Nicotine,

Amphetamines)

* **Psychological addiction v. physiological addiction**
* **Tolerance**
* **Withdrawal**
1. This means I can still test terms that were in your book, but not on this list ☺ [↑](#footnote-ref-1)