Consciousness, Sleep, and Dreams

81. Which of the following is not considered to be an altered state of consciousness?
   (A) Sleep
   (B) Hypnosis
   (C) Psychoactive drugs
   (D) Exercise
   (E) Meditation

82. Driving a car along a familiar route while listening to the radio or thinking of something else is an example of:
   (A) Automatic process
   (B) Controlled process
   (C) Somatic process
   (D) Sympathetic process
   (E) Parasympathetic process

83. When researchers removed all time cues, such as light, clock, radio, and television, from subjects’ environment, the length of the day expanded from 24 to about 25 hours. This phenomenon is known as:
   (A) The interval timing clock
   (B) The circadian rhythm
   (C) The biological clock
   (D) The internal rhythm
   (E) The external clock

84. The hormone most closely related to one’s sleep patterns is:
   (A) Serotonin
   (B) Norepinephrine
   (C) Epinephrine
   (D) Melatonin
   (E) Dopamine
85. The sleep stage that is a transition from wakefulness to sleep and lasting 1–7 minutes is:
   (A) REM sleep  
   (B) Stage 1 sleep  
   (C) Stage 2 sleep  
   (D) Stage 3 sleep  
   (E) Stage 4 sleep

86. Which stage of sleep is characterized by delta waves (very high amplitude and very low frequency)?
   (A) Stage 4 sleep  
   (B) Stage 3 sleep  
   (C) Stage 2 sleep  
   (D) Stage 1 sleep  
   (E) REM sleep

87. When in this stage of sleep, brain waves have a fast frequency and low amplitude and look very similar to beta waves, which occur when you are wide-awake and alert. Which state of sleep is this?
   (A) Stage 1 sleep  
   (B) Stage 2 sleep  
   (C) Stage 3 sleep  
   (D) REM sleep  
   (E) Stage 4 sleep

88. Sleepwalking and sleep talking are characteristics of which stage of sleep?
   (A) Stage 1 sleep  
   (B) Stage 2 sleep  
   (C) Stage 3 sleep  
   (D) Stage 4 sleep  
   (E) REM sleep

89. An infant sleeps approximately 17 hours a day. Of those hours, how many are spent in REM?
   (A) 20 percent  
   (B) 30 percent  
   (C) 50 percent  
   (D) 70 percent  
   (E) 80 percent
90. The adaptive sleep theory suggests:
   (A) Daily activities deplete key factors in our brain and body that are replenished by sleep.
   (B) Sleep evolved because it prevented early humans and animals from wasting energy and exposing themselves to dangers of nocturnal predators.
   (C) For our internal clocks to have synchrony with the external world, thereby decreasing fatigue, disorientation, and lack of concentration, sleep is necessary.
   (D) Sleep is necessary to combat insomnia and drowsiness.
   (E) External environments are constantly competing with individual sleep rhythms. Sleep is necessary to compete with the external clock.

91. The center of the activation-synthesis hypothesis of dreaming is based on the belief that:
   (A) The conscious needs to express unfulfilled wishes.
   (B) Dreams provide an outlet for repressed thoughts.
   (C) Dreams provide explanations for physiological activity.
   (D) The unconscious needs to exhibit socially unacceptable behavior.
   (E) Dreams allow the individual to work out daily hassles.

92. The majority of our dreams occur in which stage of sleep?
   (A) REM sleep
   (B) Stage 1 sleep
   (C) Stage 2 sleep
   (D) Stage 3 sleep
   (E) Stage 4 sleep

93. The idea that dreams represent wish fulfillment comes from which theory of dream interpretation?
   (A) Extension of waking life
   (B) Activation synthesis
   (C) Spiritual world
   (D) Transformation dream analysis
   (E) Freud’s theory of dream interpretation
94. Repeated periods during sleep when a person stops breathing for 10 seconds or longer is known as:
   (A) Narcolepsy
   (B) Sleep apnea
   (C) Sleep agnosia
   (D) Insomnia
   (E) Night terrors

95. A person experiences blind panic, screaming, and thrashing around while sleeping. This episode is called:
   (A) A night terror
   (B) A nightmare
   (C) A sleep terror
   (D) Dreaming
   (E) A REM rebound episode

96. A relatively rare condition that involves irresistible attacks of sleepiness, brief periods of REM, and often muscle paralysis is called:
   (A) Sleep apnea
   (B) Sleep terror
   (C) Narcolepsy
   (D) Benzodiazepines
   (E) Night terror

97. REM sleep is also known as paradoxical sleep because:
   (A) Measures of the brain activity closely resemble waking consciousness, but the person is in the deepest stage of sleep.
   (B) Measures of the brain activity closely resemble waking consciousness, but the person is incapable of moving.
   (C) The person’s heart rate is slower than when awake, but the person can sleepwalk or sleep talk.
   (D) The person can have night terrors during this stage but will not remember them in the morning.
   (E) The person’s vital signs are very slow, but the person can get up and walk around.
98. The mental state that encompasses the thoughts, feelings, and perceptions that occur when we are reasonably alert is called:
   (A) Altered state of consciousness  
   (B) Subconscious  
   (C) Preconscious  
   (D) Alert consciousness  
   (E) Waking consciousness

99. Alteration in consciousness that occurs seemingly without effort, typically when we want to momentarily escape reality, is called:
   (A) Daydreaming  
   (B) Dreaming  
   (C) Meditation  
   (D) Hypnosis  
   (E) Anesthesia

100. A sleep disorder characterized by difficulty in falling asleep or remaining asleep is called:
   (A) Narcolepsy  
   (B) Sleep apnea  
   (C) Insomnia  
   (D) Sleep terror  
   (E) Nightmares

101. Which of the following is not a characteristic of REM sleep?
   (A) Rapid eye movement  
   (B) Vivid dreams  
   (C) Increased heart rate  
   (D) Paralysis  
   (E) Delta waves

102. Approximately how many cycles of sleep does an adult enter during a full night’s sleep?
   (A) One to two  
   (B) Three to four  
   (C) Four to five  
   (D) Six to seven  
   (E) Seven to eight
103. Approximately how long is each cycle of sleep during a full night’s sleep?
   (A) 80 minutes
   (B) 90 minutes
   (C) 60 minutes
   (D) 70 minutes
   (E) 50 minutes

104. Experimenters have shown that a person deprived of the ________________ stage of sleep will become anxious, testy, and hungry and have difficulty concentrating.
   (A) REM
   (B) Stage 1
   (C) Stage 2
   (D) Stage 3
   (E) Stage 4

105. Before entering sleep, you briefly pass through a relaxed and drowsy state. This is marked by which characteristic?
   (A) Beta waves
   (B) Delta waves
   (C) Alpha waves
   (D) Theta waves
   (E) Zeta waves

106. Which part of the brain is important in keeping the forebrain alert and producing a state of wakefulness?
   (A) Hippocampus
   (B) Limbic system
   (C) Hindbrain
   (D) Reticular formation
   (E) Medulla

107. The dream theory that suggests our dreams reflect the same thoughts, fears, and concerns present when we are awake is called:
   (A) Freud’s theory of dreams
   (B) Extension of waking life
   (C) Activation-synthesis
   (D) External world
   (E) Spiritual world
108. Eighty percent of our sleep takes place in which cycle of sleep?
   (A) Stage 1
   (B) Stage 2
   (C) Stage 3
   (D) Stage 4
   (E) All of the above

109. Beta waves are characteristic of a person who is:
   (A) Dreaming
   (B) In a coma
   (C) Asleep but not dreaming
   (D) Awake and alert
   (E) In stage 1 sleep

110. ________________ refers to an increased percentage of time spent in REM sleep when we are deprived of REM sleep on the previous night.
   (A) REM rebound
   (B) REM deprivation
   (C) REM sleep
   (D) REM makeup
   (E) REM extension