Chapter 4: Consciousness

Module 4.1 States of Consciousness

LEARNING OBJECTIVE
After you have mastered the information in this unit, you will be able to:

- Understand the various states of consciousness

Module 4.2 Sleeping and Dreaming

LEARNING OBJECTIVES
After you have mastered the information in this unit, you will be able to:

- Describe how our sleep-wake cycles are regulated
- Discuss the stages and function of sleep
- Discuss proposed explanations for dreaming
- Describe the common sleep disorders

Module 4.3 Altering Consciousness Through Meditation and Hypnosis

LEARNING OBJECTIVES
After you have mastered the information in this unit, you will be able to:

- Understand the process and purpose of meditation
- Describe the nature of hypnosis
- Discuss the major theories of hypnosis
Module 4.4 Altering Consciousness Through Drugs

LEARNING OBJECTIVES

After you have mastered the information in this unit, you will be able to:

- Understand the distinction between drug use and drug abuse and dependence
- Describe the different types of psychoactive drugs and their effects
- Discuss the factors that contribute to alcohol and drug abuse problems
- Know the various treatment alternatives available to help people with drug problems

Module 4.5 Application: Getting Your Z’s

LEARNING OBJECTIVE

After you have mastered the information in this unit, you will be able to:

- Describe the steps one can take to help combat insomnia