

States of Consciousness Notes 2

Name _____

Directions: Read pgs. 383-388 and complete this worksheet defining all key terms in your own words, using them in a sentence, and rendering a drawing that symbolizes the meaning of the term. At the end of each section, provide a 3-4 sentence summary of what you read.

Term	Top Box: Definition (IYOW) ♦ Bottom Box: Use in a sentence	Drawing symbolizing the term
Preservation		
Restoration		
Electroencephalograph (EEG)		
Spindles		

Term	Top Box: Definition (IYOW) ♦ Bottom Box: Use in a sentence	Drawing symbolizing the term
Delta sleep		
Non-REM Sleep (4 stages)		
REM Sleep		
Information processing		

Term	Top Box: Definition (IYOW) ♦ Bottom Box: Use in a sentence	Drawing symbolizing the term
Sigmund Freud	Who was he?	Draw a cartoon about his most significant contribution.
	Why is he significant?	
Information-processing		
Physiological Function		
Activation-synthesis		

Section Summaries

Directions: Write a 3-4 sentence summary for each section you read below.

5. What are the four stages of nondreaming sleep?

6. Why is REM sleep sometimes called “paradoxical” sleep?

7. What are three modern explanations of dreaming?