During REM sleep, brain waves become as rapid as those of Stage 1 sleep, heart rate rises and breathing becomes more rapid and irregular, and genital arousal and rapid eye movements occur.

13. active; relaxed; paradoxical
14. dream; emotional
15. 90; briefer; longer; 20 to 25
16. two-thirds; one-third
17. genes; identical; culture; less
18. 9
19. 8 or 9; 2; Dement; ghrelin; leptin; immune; aging; hypertension; memory impairment; accidents

The major effect of sleep deprivation is sleepiness. Other effects include impaired creativity, concentration, and communication; slowed performance; and irritability.

20. protect; brain; metabolism; free radicals; neurons; memory; creative
21. pituitary; less; less
22. insomnia; reduce

Tips for promoting healthy sleep include exercising during the day, avoiding caffeine after early afternoon and rich foods before bedtime, sleeping on a regular schedule, and relaxing before bedtime.

23. narcolepsy; REM; muscular tension; orexin
24. sleep apnea; overweight men
25. night terrors; 4; sleepwalking; sleep talking; run; young children; lengthiest; deepest
26. REM
27. negative; attacked, pursued, or rejected, or of experiencing misfortune
28. manifest; latent content
29. erotic; conflicts; safety valve
30. information; memory
31. REM; memory
32. physiological; stimulation; infants
33. neural; brainstem; activation-synthesis; limbic; limbic; amygdala; maturation; cognitive
34. need; REM rebound
35. does; do not; information-processing

**Hypnosis**

1. social interaction
2. somewhat

Those who are most susceptible frequently become deeply absorbed in imaginative activities. They also tend to have rich fantasy lives.

3. age regression
4. fact; fiction
5. authoritative; context
6. posthypnotic
7. is; is not
8. can
9. attending; sensory; sensory
10. normal consciousness; social influence

The behavior of hypnotized subjects is not fundamentally different from that of other people. Therefore, hypnosis may be mainly a social phenomenon, with hypnotized subjects acting out the role of a “good hypnotic subject.”

11. dissociation; sensory; emotional; attention

The social influence and divided consciousness views work together to explain hypnosis as an extension both of normal principles of social influence and of everyday dissociations between our conscious awareness and our automatic behaviors.

**Drugs and Consciousness**

1. psychoactive
2. tolerance; neuroadaptation
3. withdrawal; dependence; psychological; addicted

The following myths about addiction are false:

a. Taking a psychoactive drug automatically leads to addiction.

b. A person cannot overcome an addiction without professional help.

c. The addiction-as-disease-needling-treatment model is applicable to a broad spectrum of pleasure-seeking behaviors.

4. depressants; stimulants; hallucinogens; neurotransmitters; expectations
5. calm; slow; depressant; sympathetic
6. aggressive; helpful; sexually; long-term; REM sleep
7. shrinking; women; self-awareness; immediate; future; impulse control

Studies have found that if people believe that alcohol affects social behavior in certain ways, then, when they drink alcohol (or even mistakenly think that they have been drinking alcohol), they will behave according to their expectations, which vary by culture. For example, if people believe alcohol promotes sexual feeling, on drinking they are likely to behave in a sexually aroused way.

8. barbiturates
9. depress; opiates; endorphins

10. caffeine; nicotine; amphetamines; cocaine; Ecstasy; methamphetamine; amphetamines
11. dopamine; energy; mood
12. smoking; early adolescence; do; nicotine; do; nicotine-withdrawal; craving, insomnia, anxiety, and irritability
13. epinephrine; norepinephrine; appetite; alertness; mental efficiency; central nervous; dopamine; opioids; anxiety; pain
14. dopamine; serotonin; norepinephrine; reuptake (reabsorption); synapses
15. expectations; personality; situation
16. Ecstasy; stimulant; mild hallucinogen; dopamine; serotonin; serotonin; circadian; immune system; memory; cognitive
17. psychedelics; MDMA; serotonin; blocking
18. THC

Like alcohol, marijuana relaxes, disinhibits, and may produce a euphoric feeling. Also like alcohol, marijuana impairs perceptual and motor skills. Marijuana is a mild hallucinogen; it can amplify sensitivity to colors, sounds, tastes, and smells. Marijuana also interrupts memory formation.

19. negative aftereffects; tolerance; withdrawal
20. increased; drug education
21. biological; more; dopamine reward

A psychological factor in drug use is the feeling that one’s life is meaningless and lacks direction. Regular users of psychoactive drugs often have experienced stress or failure and are somewhat depressed. Drug use often begins as a temporary way to relieve depression, anger, anxiety, or insomnia. A powerful social factor in drug use, especially among adolescents, is peer influence. Peers shape attitudes about drugs, provide drugs, and establish the social context for their use.

22. varies; cultural; ethnic
23. lowest; peer
24. a. education about the long-term costs of a drug’s temporary pleasures
b. efforts to boost people’s self-esteem and purpose in life
c. attempts to “inoculate” youths against peer pressures

**Near-Death Experiences**

1. hallucinations; oxygen