**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Bonus Points: \_\_\_**

**Directions: \*** 1st. Put your name on this!! \*2nd: Everyone including yourself will be required to answer at least one question. The teacher will let you know if you can have more than one person answer. \*Each student will run around to everyone in the class and the other student will fill out the front of this card with the answer and sign the back of this card with corresponding answer.

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| Question: | Answer: | Signature |
| 1. Drugs (such as alcohol, barbiturates, and opiates) that reduce neural activity and slow body functions. | Depressants |  |
| 2. Drugs (such as caffeine, nicotine, and the more powerful amphetamines, cocaine, and Ecstasy) that excite neural activity and speed up body functions. | Stimulants |  |
| 3. Sleep disorder characterized by uncontrollable sleep attacks: | Narcolepsy |  |
| 4. Sleep disorder characterized by the inability to go to sleep or stay asleep. | Insomnia |  |
| 5. Sleep disorder characterized by person will stop breathing for periods of time during sleep. | Sleep Apnea |  |
| 6. This is our 24 hour biological clock. | Circadian Rhythm |  |
| 7. Our state of awareness. | Consciousness |  |
| 8. Decreasing response to a drug. | Tolerance |  |
| 9. Freud’s dream theory that describes dreaming as a way of representing desires and activities. | Psychoanalysis/Wish Fulfillment |  |
| 10. Dream theory that says that during the night our brain stem releases random neural activity, dreams may be a way to make sense of that activity. | Activation Synthesis  |  |
| 11. Low levels of awareness involves fantasizing while we are awake. | Day dreaming |  |
| 12. Sleep disorder characterized by high arousal and an appearance of being terrified; Rarely have any memory to the night terror. | Sleep Terrors |  |
| 13. A state of consciousness resulting from narrowed focus of attention and heightened suggestibility. | Meditation/Hypnonsis |  |
| 14. Dreaming that the dreamer is aware and can control their dreams. | Lucid Dreaming |  |
| 15. NREM | Non rapid eye movement |  |
| 16. A recurring sleep stage during which your eyes move rapidly under your closed lids and you dream vividly | Rapid Eye movement |  |
| 17. Dream theory that describes dreaming as a way to act and sort out and understand the memories that you experienced that day. | Cognitive Dream theory or information processing theory |  |
| 18. The process of learning to control bodily states with the help of machines monitoring the states to be controlled. | Biofeedback |  |
| 19. Physical signs of discomfort associated with the discontinuation of an abused substance. | Withdrawal |  |
| 20. A progressive decrease in a person's responsiveness to a drug. | Tolerance |  |
| 21. A social interaction in which one person suggests to another that certain perceptions, feelings, thoughts, or behaviors will spontaneously occur. | Hypnosis/Meditation |  |
| 22. The focusing of attention to clear one’s mind and produce relaxation. | Meditation/Mindfulness |  |
| 23. A potent psychedelic drug that produces distortion of perception and thoughts. | Hallucinogens or LSD |  |
| 24. Your sleep cycles last: | 90 minutes |  |
| 25. Freud’s Wish fulfilment said that the storylines of our dreams are called: | Manifest content |  |
| 26. Freud’s Wish fulfillment said that the underlying meaning of the storylines of our dreams are called: | Latent content |  |
| 27. Machine that amplifies and records waves of electrical activity across the brain's surface; Used for sleep studies. | EEG | 28. Narcolepsy |