Multiple Choice:

1. Your digestion and respiration are both considered to be __________ processes.
   A. preconscious
   B. nonconscious
   C. subconscious
   D. semiconscious
   E. conscious

2. Preconscious memories
   A. function in the background until they are needed or stimulated.
   B. detect changes in biological functioning and regulate them without conscious awareness.
   C. involve automatic cognitive processing of information.
   D. stem from the need to repress traumatic memories or taboo desires.
   E. cannot be brought to conscious memory because they are 'buried' too deep.

3. The concept of the unconscious is most associated with
   A. Roger Sperry.
   B. Sigmund Freud.
   C. Michael Gazzaniga.
   D. Rene Descartes.
   E. Robert Ross.

4. Which of the following does NOT disrupt circadian rhythms?
   A. shifting work schedules
   B. sleep and wake routines
   C. eating regular meals
   D. jet lag
   E. light-dark cycles

5. While in the REM phase of sleep,
   A. your mental activity focuses on ordinary daily events.
   B. you are likely to act out your dreams.
   C. you may sleep walk and sleep talk
   D. your voluntary muscles are immobilized in sleep paralysis.
   E. you experience sleep spindles.

6. When it comes to sleep, REM stands for
   A. rotated eye movement.
   B. rapid EEG movement.
   C. regular excitatory motion.
   D. regular EEG manifestation.
   E. rapid eye movements

7. The deepest point in the sleep cycle occurs in
   A. Stage 1, about three hours after falling asleep.
   B. REM sleep, about one hour after falling asleep.
   C. Stage 4, about a half hour after falling asleep.
   D. Stage 4, about two hours before waking up.
   E. REM sleep, about one hour before waking up.
States of Mind Quiz

______ 8. During the last sleep cycle of the night, you might spend as long as __________ minutes in REM sleep.
A. 10  
B. 30  
C. 60  
D. 90  
E. 150

______ 9. If Raphael was deprived of REM sleep for a night, the next night he would have
A. even less REM sleep than usual.  
B. more REM sleep than usual.  
C. no REM sleep.  
D. the same REM sleep as usual.  
E. only REM sleep.

______ 10. Who sleeps the least?
A. newborns  
B. adolescents  
C. young adults  
D. the elderly  
E. children

______ 11. In a dark room without interruption most people sleep about how many hours per night?
A. 8.5  
B. 7  
C. 10  
D. 11  
E. 10.5

______ 12. A therapist who analyzes your dreams is from which school of psychology?
A. behaviorism  
B. cognitive  
C. humanistic  
D. psychoanalytic  
E. neuroscience

______ 13. In tests of long-term memory, research subjects who have had inadequate __________ tend to perform poorly.
A. NREM sleep  
B. REM sleep  
C. stage 2 sleep  
D. stage 3 and 4 sleep  
E. stage 1 sleep

______ 14. If you believe that the mind makes a coherent story out of spontaneous brain stem discharges, you
A. believe in the psychoanalytic perspective.  
B. endorse the activation-synthesis dream model.  
C. take a humanistic view on dreams.  
D. support the notion of narcolepsy.  
E. disagree with Hobson and McCarley.
15. Insomnia
A. involves frequent daytime sleeping.
B. affects about one in ten adults.
C. rarely affects American adults.
D. occurs when breathing stops while sleeping.
E. is the most common sleep disorder.

16. Sleep apnea is
A. frequent in premature infants.
B. associated with high blood oxygen levels.
C. a lower respiratory sleep disorder.
D. able to prevent loud snoring.
E. a cause of insomnia.

17. Mr. Gutner is using a device that pumps air into his lungs and keeps his airway open during sleep because he suffers from
A. narcolepsy.
B. cataplexy.
C. sleep paralysis.
D. insomnia.
E. sleep apnea.

18. People who experience sudden sleep attacks during the daytime are suffering from
A. sleep paralysis.
B. narcolepsy.
C. insomnia.
D. daytime sleepiness.
E. sleep apnea.

19. While hypnotized, Scott does not notice his back pain. Scott is experiencing
A. hypnotic amnesia.
B. autohypnosis.
C. hypnotic analgesia.
D. hypnotic meditation.
E. hypnotic aphasia.

20. What is one of the most common and undisputed values of hypnosis?
A. pain control
B. comic relief
C. experience-sampling
D. memory retrieval
E. repairing neurons

21. When a person regulates breathing while assuming certain body positions and minimizing external stimuli, he or she is practicing
A. hypnosis.
B. meditation.
C. consciousness.
D. dichotic listening.
E. cataplexy.
22. Widely abused illegal drugs such as cocaine, heroin, and amphetamines are attractive to users because
A. they stimulate the brain's "reward centers."
B. they helped our ancestors survive and reproduce.
C. they induce high amounts of REM sleep.
D. they slow down mental and physical activity.
E. they produce hallucinations and delusions.

23. Since the early 1990s, illicit drug usage in the United States has
A. declined for all people.
B. remained constant for all people.
C. increased overall, but decreased for teens.
D. increased for all people.
E. declined overall, but increased for young teens.

24. Hallucinogenic drugs affect receptor sites for the neurotransmitter
A. psilocybin.
B. melatonin.
C. serotonin.
D. phencyclidine.
E. norepinephrine.

25. A popularly abused hallucinogen among young people is
A. morphine.
B. angel dust.
C. heroin.
D. cocaine.
E. alcohol.

26. The effect a person feels from smoking the cannabis plant is due to
A. opiates.
B. THC.
C. benzodiazepines.
D. PCP.
E. poppy.

27. The use of cannabis causes memory failures that are
A. temporary.
B. uncommon.
C. pleasurable.
D. debilitating.
E. permanent.

28. Morphine and codeine provide excellent pain relief because
A. they inhibit the uptake of serotonin.
B. they cause the loss of physical sensation.
C. their analgesic properties resemble those of the body's endorphins.
D. they increase central nervous system activity.
E. they cause temporary failure in the cerebrum.
29. The Bayer Company developed and abandoned which drug?
A. heroin  
B. cocaine  
C. alcohol  
D. LSD  
E. ecstasy

30. Which highly addictive drug is blamed for the high proportion of property crime in cities worldwide?
A. alcohol  
B. heroin  
C. barbiturates  
D. amphetamines  
E. LSD

31. Which drugs slow down the mental and physical activity of the body by inhibiting the central nervous system?
A. depressants  
B. stimulants  
C. opiates  
D. hallucinogens  
E. benzodiazepines

32. Which depressant was one of the first psychoactive substances used by humans?
A. nicotine  
B. barbiturates  
C. morphine  
D. heroin  
E. alcohol

33. A mother's usage of which depressant is a leading cause of mental retardation?
A. alcohol  
B. opium  
C. sleeping pills  
D. caffeine  
E. cocaine

34. Nicotine is in the same class of psychoactive drugs as
A. marijuana.  
B. heroin.  
C. barbiturates.  
D. crack cocaine.  
E. codeine.

35. Which drug has a greater negative effect on health than all other psychoactive drugs combined?
A. heroin  
B. PCP  
C. nicotine  
D. alcohol  
E. LSD
36. The phenomenon in which the body adjusts to and grows to need a substance is called
A. physiological dependence.
B. tolerance.
C. activation-synthesis.
D. psychological dependence.
E. withdrawal.

37. Addiction is the result of
A. tolerance and withdrawal.
B. tolerance and psychological dependence.
C. tolerance and physiological dependence.
D. withdrawal and psychological dependence.
E. withdrawal and physiological dependence.

38. Which drugs are responsible for half of all drug overdoses?
A. Opiates
B. Hallucinogens
C. Depressants
D. Stimulants

39. Which drug is not a stimulant?
A. Codeine
B. Caffeine
C. Cocaine
D. Crack
E. Nicotine
F. All are stimulants

40. Which drug is not a hallucinogen?
A. Marijuana
B. Hashish
C. LSD
D. PCP
E. Mescaline
F. All are hallucinogens

41. What is the internal mechanism associated with patterns of sleep and wakefulness called?
A. circadian rhythm
B. parasympathetic arousal response
C. limbic system
D. biological clock

42. External stimuli that we are not conscious of is called __________ information.
A. Conscious
B. Unattended
C. Non-conscious
D. Un-conscious
E. Pre-conscious
F. Sub-conscious
43. Internal stimuli that we are not conscious of is called __________ information.
   A. Conscious
   B. Unattended
   C. Non-conscious
   D. Un-conscious
   E. Pre-conscious
   F. Sub-conscious

44. When we behave in a manner we can not explain Freud said we are driven by what kind of information?
   A. Conscious
   B. Unattended
   C. Non-conscious
   D. Un-conscious
   E. Pre-conscious
   F. Sub-conscious

45. What is a memory which you are not thinking about called?
   A. Conscious information
   B. Unattended information
   C. Non-conscious information
   D. Un-conscious information
   E. Pre-conscious information
   F. Sub-conscious information

46. According to Freud, some impulses and painful memories are so unacceptable that we exclude them from awareness. What did he say we do to them?
   A. redirect them
   B. repress them
   C. suppress them
   D. undo them

47. Theta waves are associated with what type of state?
   A. Being Awake
   B. Drowsiness
   C. Stage one Sleep
   D. Stage two Sleep
   E. Stage three Sleep
   F. Stage four Sleep
   G. Ohio
   H. REM sleep
   I. NREM sleep

48. Alpha waves are associated with what state?
   A. Being Awake
   B. Drowsiness
   C. Stage one Sleep
   D. Stage two Sleep
   E. Stage three Sleep
   F. Stage four Sleep
   G. REM sleep
   H. NREM sleep
49. Brains waves consistently above 12 CPS appear in what state?
A. Being Awake
B. Drowsiness
C. Texas
D. Stage one Sleep
E. Stage two Sleep
F. Stage three Sleep
G. Stage four Sleep
H. REM sleep
I. NREM sleep

50. The majority of dreams occur in one state, but some dreams occur in this state?
A. Being Awake
B. Drowsiness
C. Stage one Sleep
D. Stage two Sleep
E. West Virginia
F. Stage three Sleep
G. Stage four Sleep
H. REM sleep
I. NREM sleep

51. In dreams what are our true feelings known as?
A. Latent Content
B. Manifest Content
C. Dream Work
D. Lucid Dreaming
E. Consensual validation

52. In dreams what is our altered reality called?
A. Latent Content
B. Manifest Content
C. Dream Work
D. Lucid Dreaming
E. Consensual validation

53. When we take control of our dreams what it is called?
A. Latent Content
B. Manifest Content
C. Dream Work
D. Lucid Dreaming
E. Consensual validation
TRUE or FALSE:

54. Awareness of a clock ticking or traffic outside your window is part of subconscious awareness.
A. TRUE
B. FALSE

55. Circadian rhythms repeat approximately every 24 hours.
A. TRUE
B. FALSE

56. The deepest point in the sleep cycle is in REM sleep, about three hours after falling asleep.
A. TRUE
B. FALSE

57. The amount of time spent in REM sleep increases with each sleep cycle.
A. TRUE
B. FALSE

58. The activation-synthesis theory claims that dreams serve as sources of wish-fulfillment.
A. TRUE
B. FALSE

59. We only dream during REM sleep.
A. TRUE
B. FALSE

60. The first time we enter REM sleep at night is the shortest time we will be there.
A. TRUE
B. FALSE

61. Newborn babies keep their parents up because they sleep less than adults.
A. TRUE
B. FALSE

62. The EEG measures electrical activity of the heart.
A. TRUE
B. FALSE

63. Amphetamines are used as sleep aides.
A. TRUE
B. FALSE

64. Nicotine is as addictive as Heroin.
A. TRUE
B. FALSE

65. Sudden Barbiturate withdrawal can cause death.
A. TRUE
B. FALSE

66. Ritalin is a Stimulant used to calm children with attention deficit disorder.
A. TRUE
B. FALSE
67. Caffeine is known to cause physiological addiction.
A. TRUE
B. FALSE

68. Opiates are both psychologically and physiologically addicting.
A. TRUE
B. FALSE