

## AP Psychology

### Unit 5: States of Consciousness

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1. Summarize how Ernest Hilgard's work supports the idea of hypnosis as a divided consciousness.
2. Explain the process by which the suprachiasmatic nucleus (SCN) and melatonin work to regulate sleep and wake cycles. Refer to Figure 23.5 for help.
3. Explain how the brain's dual processing incorporates sensory stimuli into the dream.
4. What role do tolerance, addiction, and withdrawal play in substance abuse disorders? Explain how the three are connected.

#### **Key Terms And Concepts**

Consciousness  
Hypnosis  
Posthypnotic Suggestion  
Dissociation  
Circadian Rhythm  
REM Sleep  
Alpha Waves  
Sleep  
Hallucinations  
Delta Waves  
NREM Sleep  
Suprachiasmatic Nucleus (SCN)  
Insomnia  
Narcolepsy  
Sleep Apnea  
Night Terrors  
Dream  
Manifest Content  
Latent Content  
REM Rebound  
Substance Use Disorder  
Psychoactive Drug  
Tolerance  
Addiction  
Withdrawal  
Depressants  
Alcohol Use Disorder  
Barbiturates  
Opiates  
Stimulants  
Amphetamines  
Nicotine  
Cocaine  
Methamphetamine  
Ecstasy (MDMA)  
Hallucinogens  
LSD  
Near-Death Experience  
THC