

What is the activation-synthesis hypothesis?

The activation-synthesis hypothesis suggests that dreams affect the motor commands of the brain but that the brain does not actually carry them out.

What is an addiction?

An addiction is a physical or psychological dependence on a drug.

What is an altered state of consciousness?

An altered state of consciousness is a condition of awareness distinctly different in quality or pattern from waking consciousness.

What are amphetamines?

Amphetamines are a class of synthetic drugs that have stimulant effects on the nervous system.

What is attention?

Attention is defined as the orienting toward or focusing on some stimulus.

What is a barbiturate?

Barbiturates are one of a large group of sedative drugs.

What is the basic suggestion effect?

The basic suggestion effect is the tendency of hypnotized persons to carry out suggested actions as if they were involuntary.

What is a biological rhythm?

A biological rhythm is any cycle of biological activity, such as sleep and waking cycles or changes in body temperature.

What is the significance of caffeine?

Caffeine is a natural drug with stimulant properties which is found in coffee, tea, and chocolate and added to artificial beverages and medicines.

What is caffeinism?

Caffeinism is the excessive consumption of caffeine, leading to dependence and a variety of physical and psychological complaints.

What is cannabis sativa?

Cannabis sativa is a type of hemp plant, from whose leaves and flowers marijuana and hashish are derived.

What are circadian rhythms?

Circadian rhythms are the cyclical changes in bodily function and arousal that vary on a schedule approximating one 24-hour day.

What is cocaine?

Cocaine is a crystalline drug derived from coca leaves. It has been used as a central nervous system stimulant and local anesthetic.

What is concentrative meditation?

Concentrative meditation is a mental exercise based on focusing attention on a single target of contemplation.

What is condensation as it applies to consciousness?

Condensation is the combining several people, objects, or events into a single dream image.

What is a good definition for consciousness?

Consciousness can be defined as a person's experience of mental awareness, including current sensations, perceptions, memories, and feelings.

What is a daydream?

Daydreams are vivid waking fantasies.

What is deep sleep?

Deep sleep, also called stage 4 sleep is the deepest form of normal sleep.

What are delta waves?

Delta waves are the Large, slow brain waves that occur in deeper stage 3 and 4 sleep.

What is a depressant?

Depressants are substances that decreases activity in the body and nervous system.

What is disinhibition?

Disinhibition is the removal of inhibition, resulting in the acting out of behavior that normally would be restrained.

What is a dream symbol?

A dream symbol is an image in a dream that serves as a visible sign of hidden ideas, desires, impulses, emotions, relationships, and so forth.

What is drug tolerance?

Drug tolerance is the reduction in the body's response to a drug.

What is an electroencephalograph (EEG)?

An electroencephalograph or EEG is a device designed to detect, amplify, and record electrical activity in the brain.

What is ergotism?

Ergotism is a pattern of psychotic-like symptoms that accompanies poisoning by ergot fungus.

What is a hallucinogen?

A hallucinogen is any substance that alters or distorts sensory impressions.

What is hypersomnia?

Hypersomnia is extreme daytime sleepiness.

What is hypnosis?

Hypnosis can be defined as an altered state of consciousness characterized by narrowed attention and increased suggestibility.

What is the hypnotic susceptibility scale?

The hypnotic susceptibility scale is any test designed to assess an individual's capacity for becoming hypnotized.

What is insomnia?

Insomnia can be defined as difficulty in getting to sleep or staying asleep.

What is light sleep?

Light sleep or stage 1 sleep is marked by small, irregular brain waves and some alpha waves.

What is a lucid dream?

A lucid dream is a dream in which the dreamer feels awake and capable of normal thought and action.

What is a mantra?

A mantra is a word or sound used as the focus of attention in concentrative meditation.

What is the significance of marijuana?

Marijuana is the leaves and flowers of the hemp plant *Cannabis sativa*.

What is MDMA
(methylenedioxyamphetamine)?

MDMA or methylenedioxyamphetamine is a stimulant drug closely related to amphetamine and commonly known as Ecstasy.

What is meditation?

Meditation is a mental technique for quieting the mind and body.

What does it mean to be mesmerized?

To be mesmerized means to be hypnotized.

What is methamphetamine?

Methamphetamine is a stimulant drug closely related to amphetamine in structure and effect.

What is microsleep?

Microsleep is defined as momentary shift in brain-wave patterns to those of sleep.

What is narcolepsy?

Narcolepsy is a serious sleep disturbance in which the individual suffers uncontrollable sleep attacks.

What is nicotine?

Nicotine is a potent stimulant drug found primarily in tobacco. Nicotine is a known carcinogen

What are night terror or incubus attacks?

Night terrors or incubus attacks are very frightening NREM sleep episodes.

What is a nightmare?

A nightmare is an upsetting dream that takes place during REM.

What is NREM sleep?

NREM sleep or Non-rapid eye movement sleep characteristic of stages 2, 3, and 4, and is largely dream free.

What is physical dependence?

Physical dependence or physical addiction, as indicated by the presence of drug tolerance and withdrawal symptoms.

What are psychoactive drugs?

Psychoactive drugs are any substances capable of altering attention, memory, judgment, sense of time, self-control, mood, or perception.

What is the psychodynamic theory?

The psychodynamic theory is a theory of behavior that emphasizes internal conflicts, motives, and unconscious forces.

What is psychological dependence?

Psychological dependence is a drug dependence that is based primarily on emotional or psychological needs.

What is rapid eye movements (REMs)?

Rapid eye movements or REM are the swift eye movements that take place during sleep.

What is receptive meditation?

Receptive meditation is meditation in which attention is widened to include an awareness of one's total subjective experience.

What is the relaxation response?

Relaxation responses are patterns of physiological changes that occurs in the body at times of relaxation.

What is REM behavior disorder?

REM behavior disorder is a failure of normal muscle paralysis, leading to violent actions during REM sleep.

What is REM rebound?

REM rebound is the occurrence of extra amounts of REM sleep in a person who has been deprived of REM sleep.

What is REM sleep?

REM sleep is marked by rapid eye movements, a return to stage 1 EEG patterns; usually associated with dreaming.

What is secondary elaboration?

Secondary elaboration is defined as making a dream more logical and complete while remembering it.

What is a sedative?

A sedative is a substance that calms, tranquilizes, or induces sleep by depressing activity in the nervous system.

What is self-hypnosis?

Self-hypnosis is a state of hypnosis attained without the aid of a hypnotist.

What is sensory deprivation?

Sensory deprivation is any major reduction in the amount or variety of sensory stimulation.

What is set?

Set is any predisposition to respond in a certain way.

What is the significance of the word setting?

The psychological settings are the set of attributions and the social and/or physical environment in which an action occurs.

What is sleep apnea?

Sleep apnea is a condition marked by repeated interruption of breathing during sleep.

What is sleep deprivation?

Sleep deprivation is defined as being deprived of desired or needed amounts of sleep.

What are sleep patterns?

Sleep patterns are the order and duration of daily sleep and waking periods.

What are sleep spindles?

Sleep spindles are the distinctive bursts of brain-wave activity that indicate a person is asleep.

What are the sleep stages?

The sleep stages are the various levels of sleep depth identified by brain-wave patterns and behavioral changes.

What is sleep-deprivation psychosis?

Sleep-deprivation psychosis is a major disruption of mental and emotional functioning brought about by lack of sleep.

What is sleeptalking?

Sleeptalking is speaking while asleep.

What is a somnambulist?

A somnambulist is a person who sleepwalks.

What is a stimulant?

A stimulant is a substance that produces a temporary increase of activity in the body and nervous system.

What is stimulus control?

Stimulus control is the tendency of stimuli present when an operant response is acquired to subsequently control when and where the response is made.

What is sudden infant death syndrome (SIDS)?

Sudden infant death syndrome or SIDS is the sudden, unexplained death of an apparently healthy infant.

What is symbolization?

Symbolization is the concept in Carl Rogers's theory that explains the process of admitting an experience to awareness.

What is THC?

THC or Tetrahydrocannabinol is the main active chemical in marijuana.

What is tryptophan?

Tryptophan is a sleep-promoting amino acid found in turkey.

What is waking consciousness?

Waking consciousness is a state of normal, alert awareness.

What is GHB (gamma-hydroxybutyrate)?

GHB or gamma-hydroxybutyrate is an illicit central nervous system depressant that produces intoxication and sedation.

What is the significance of the letters
R.E.S.T.?

R.E.S.T. stands for Restricted
Environmental Stimulation Therapy.

What are withdrawal symptoms?

Withdrawal symptoms are the physical
illnesses and discomfort that accompany
the withdrawal of an addictive drug.

What is the manifest content?

Manifest content is the actual symbol or
image in a dream.

What is the latent content?

Latent content is the meaning of the
symbol or image in a dream.