

Name: _____ Date: _____

1. Consciousness is
 - A) the ability to solve problems, reason, and remember.
 - B) the process of organizing and interpreting sensory information.
 - C) effortless encoding of incidental information into memory.
 - D) our awareness of ourselves and our environment.

2. The simultaneous processing of information at both conscious and unconscious levels is called
 - A) the cocktail party effect.
 - B) the pop-out phenomenon.
 - C) dual processing.
 - D) neuroadaptation.

3. Circadian rhythm refers to
 - A) the pattern of emotional ups and downs we routinely experience.
 - B) a pattern of biological functioning that occurs on a roughly 24hour cycle.
 - C) the experience of sleep apnea following an extensive transoceanic flight.
 - D) the cycle of five distinct stages that we experience during a normal night's sleep.

4. Exposure to bright light causes the
 - A) thyroid gland to increase the production of melatonin.
 - B) thyroid gland to decrease the production of melatonin.
 - C) pineal gland to increase the production of melatonin.
 - D) pineal gland to decrease the production of melatonin.

5. After flying from California to New York, Arthur experienced a restless, sleepless night. His problem was most likely caused by a disruption of his normal
 - A) change blindness.
 - B) circadian rhythm.
 - C) hypnagogic sensations.
 - D) alpha wave patterns.

6. Fast and jerky movements of the eyes are especially likely to be associated with
 - A) sleep spindles.
 - B) dissociation.
 - C) REM sleep.
 - D) sleep apnea.

7. The rhythmic bursts of brain activity that occur during Stage 2 sleep are called
 - A) alpha waves.
 - B) circadian rhythms.
 - C) sleep spindles.
 - D) delta waves.

8. At 1:00 A.M., Luis gets out of bed and begins to sleepwalk. An EEG of his brain activity is most likely to indicate the presence of
 - A) alpha waves.
 - B) sleep spindles.
 - C) REM sleep.
 - D) delta waves.

9. During the course of a full night's sleep, people are most likely to spend more time in
 - A) Stage 4 sleep than in Stage 2 sleep.
 - B) REM sleep than in Stage 4 sleep.
 - C) Stage 3 sleep than in REM sleep.
 - D) REM sleep than in Stage 2 sleep.
10. REM sleep is called paradoxical sleep because
 - A) our heart rate is slow and steady, while our breathing is highly irregular.
 - B) we are deeply asleep but can be awakened easily.
 - C) our nervous system is highly active, while our voluntary muscles hardly move.
 - D) it leads to highly imaginative dreams that are perceived as colorless images.
11. Three hours after going to sleep, Shoshanna's heart rate increases, her breathing becomes more rapid, and her eyes move rapidly under her closed lids. Research suggests that Shoshanna is
 - A) dreaming.
 - B) ready to sleepwalk.
 - C) exhibiting a sleep spindle.
 - D) experiencing a night terror.
12. Forty-year-old Lance insists that he never dreams. Research suggests that he probably
 - A) would report a vivid dream if he were awakened during REM sleep.
 - B) dreams during Stage 4 rather than during REM sleep.
 - C) experiences more Stage 4 sleep than most people.
 - D) passes through the sleep cycle much more rapidly than most people.
13. The human sleep cycle repeats itself about every
 - A) 30 minutes.
 - B) 90 minutes.
 - C) 2 1/2 hours.
 - D) 4 hours.
14. Chronic sleep deprivation is likely to
 - A) promote obesity and facilitate memory.
 - B) inhibit obesity and impair memory.
 - C) promote obesity and impair memory.
 - D) inhibit obesity and facilitate memory.
15. Sleep deprivation has been shown to
 - A) increase attentiveness to highly motivating tasks.
 - B) reduce hypertension.
 - C) diminish immunity to disease.
 - D) decrease narcolepsy.
16. Traffic accident rates have been found to _____ after the spring change to daylight savings time and to _____ after the fall change back to standard time.
 - A) increase; increase
 - B) decrease; decrease
 - C) increase; decrease
 - D) decrease; increase
17. REM sleep is
 - A) inhibited by alcohol and inhibited by sleeping pills.
 - B) facilitated by alcohol and inhibited by sleeping pills.
 - C) inhibited by alcohol and facilitated by sleeping pills.
 - D) facilitated by alcohol and facilitated by sleeping pills.

18. Which of the following is bad advice for a person trying to overcome insomnia?
- A) Drink a glass of milk 15 minutes before bedtime.
 - B) Avoid taking short naps during the day.
 - C) Drink a glass of wine 15 minutes before bedtime.
 - D) Don't engage in strenuous physical exercise just before bedtime.
19. Which of the following is the best advice for a person concerned about occasional insomnia?
- A) Relax and drink a glass of milk before bedtime.
 - B) Eat a big dinner late in the evening so you'll feel drowsy at bedtime.
 - C) Relax with a drink of your favorite alcoholic beverage just before bedtime.
 - D) Engage in some form of vigorous physical exercise shortly before bedtime.
20. Narcolepsy is a disorder involving
- A) the temporary cessation of breathing during sleep.
 - B) sudden uncontrollable seizures.
 - C) periodic uncontrollable attacks of overwhelming sleepiness.
 - D) difficulty falling and staying asleep.
21. Mr. Oates always sleeps restlessly, snorting and gasping throughout the night. It is most likely that Mr. Oates suffers from
- A) sleep apnea.
 - B) narcolepsy.
 - C) night terrors.
 - D) insomnia.
22. An air pump that keeps the sleeper's airway open and breathing regular is often prescribed for serious cases of
- A) narcolepsy.
 - B) insomnia.
 - C) sleep apnea.
 - D) night terrors.
23. Night terrors typically occur
- A) among older adults.
 - B) during REM sleep.
 - C) following sleep apnea.
 - D) within three hours of falling asleep.
24. Compared to adults, children are
- A) more likely to experience night terrors and less likely to experience sleepwalking.
 - B) less likely to experience night terrors and more likely to experience sleepwalking.
 - C) less likely to experience night terrors and less likely to experience sleepwalking.
 - D) more likely to experience night terrors and more likely to experience sleepwalking.
25. According to Freud, the latent content of a dream refers to
- A) its accompanying brain-wave pattern.
 - B) the previous day's events that prompted the dream.
 - C) the sensory stimuli in the sleeping environment that are incorporated into the dream.
 - D) its underlying but censored meaning.

26. Greg remembered a recent dream in which his girlfriend suddenly grabbed the wheel of his speeding car. Greg's therapist suggested that the dream might be a representation of the girlfriend's efforts to avoid sexual intimacy. According to Freud, the therapist was attempting to reveal the _____ of Greg's dream.
- A) neuroadaptation
 - B) circadian rhythm
 - C) latent content
 - D) manifest content
27. Evidence suggests that we consolidate our memories of recent life events through
- A) dissociation.
 - B) neuroadaptation.
 - C) hypnagogic sensations.
 - D) REM sleep.
28. Research indicates that the percentage of total sleep spent in REM sleep is higher in _____ than in _____.
- A) artists; scientists
 - B) infants; adults
 - C) females; males
 - D) older adults; adolescents
29. Which theory suggests that dreams are mental responses to random bursts of neural stimulation?
- A) dissociation theory
 - B) social influence theory
 - C) activation-synthesis theory
 - D) Freud's dream theory
30. Prior to age 9, children's dreams seem more like a slide show and less like an active story in which the dreamer is an actor. This best illustrates that the content of dreams reflects children's
- A) latent content.
 - B) change blindness.
 - C) night terrors.
 - D) cognitive development.
31. REM rebound involves the
- A) tendency for REM sleep periods to become increasingly longer and more frequent as a normal night of sleep progresses.
 - B) increase in REM sleep that characteristically follows intense learning episodes or stressful daytime experiences.
 - C) unusual symptoms of tiredness and irritability that follow periods of REM sleep deprivation.
 - D) tendency for REM sleep to increase following REM sleep deprivation.
32. Hypnosis involves a state of
- A) increased physical stamina.
 - B) heightened openness to suggestion.
 - C) improved perceptual skills.
 - D) elevated autonomic arousal.
33. Researchers are most likely to question the value of hypnosis for
- A) reducing fear.
 - B) enhancing memory.
 - C) relieving pain.
 - D) facilitating relaxation.

34. Twenty-eight-year-old Theodore has an irrational fear of dogs. His therapist hypnotizes him and asks him to mentally relive his earliest childhood experience with a dog. The therapist is making use of
- A) hypnagogic sensations.
 - B) age regression.
 - C) REM rebound.
 - D) temporal dissociation.
35. Just prior to awakening Chinua from a hypnotic state, the therapist told him that during the next few days he would feel nauseous whenever he reached for a cigarette. Chinua's therapist was attempting to make use of
- A) age regression.
 - B) posthypnotic suggestion.
 - C) hypnagogic sensations.
 - D) REM rebound.
36. People can be hypnotically induced to
- A) surpass their normal waking levels of physical strength and stamina.
 - B) perform dangerous acts that they would not perform in a normal state.
 - C) recall correctly almost anything that has ever happened to them.
 - D) report little pain from placing their arms in an ice bath.
37. Orne and Evans discovered that un hypnotized subjects performed the same dangerous acts as hypnotized subjects. This finding is most consistent with the theory that hypnosis involves
- A) age regression.
 - B) dissociation.
 - C) neuroadaptation.
 - D) conscious role-playing.
38. A split in consciousness in which some thoughts occur simultaneously with and yet separately from other thoughts is called
- A) narcolepsy.
 - B) dissociation.
 - C) paradoxical sleep.
 - D) posthypnotic suggestion.
39. The divided-consciousness theory of hypnosis receives support from evidence that
- A) hypnosis can block sensory input.
 - B) hypnosis can affect voluntary but not involuntary behaviors.
 - C) hypnotized people are simply playing the role of "good hypnotic subjects."
 - D) hypnotized people can endure pain without experiencing emotional distress.
40. One plausible theory suggests that hypnosis relieves pain by
- A) distracting attention.
 - B) blocking sensory input.
 - C) speeding up the circadian rhythm.
 - D) eliciting delta waves characteristic of deep sleep.
41. Chemical substances that alter perceptions and moods are called _____ drugs.
- A) neuroadaptive
 - B) narcoleptic
 - C) psychoactive
 - D) hypnagogic

42. The need to take larger and larger doses of a drug in order to experience its effects is an indication of
- A) withdrawal.
 - B) dissociation.
 - C) tolerance.
 - D) narcolepsy.
43. The change in brain chemistry that offsets the effects of a psychoactive drug is called
- A) narcolepsy.
 - B) dissociation.
 - C) disinhibition.
 - D) neuroadaptation.
44. The discomfort and distress that follow the discontinued use of certain drugs is called
- A) narcolepsy.
 - B) withdrawal.
 - C) REM rebound.
 - D) dissociation.
45. Smokers with _____ levels of nicotine tolerance are likely to suffer the most severe withdrawal symptoms when they discontinue smoking.
- A) high
 - B) moderate
 - C) low
 - D) high or low
46. Physical pain and intense cravings indicate
- A) age regression.
 - B) dissociation.
 - C) physical dependence.
 - D) REM rebound.
47. Although Max never experiences caffeine withdrawal symptoms, he feels that he needs coffee every morning as part of his daily routine. Max best illustrates
- A) narcolepsy.
 - B) REM rebound.
 - C) psychological dependence.
 - D) the pop-out phenomenon
48. Compulsive craving for and use of a drug is an indication of
- A) dissociation.
 - B) narcolepsy.
 - C) addiction.
 - D) hypnagogic sensations.
49. Research on the use of addictive drugs indicates that
- A) an occasional cigarette smoker almost always becomes a heavy smoker.
 - B) regular marijuana smokers typically experience an irresistible craving for THC.
 - C) many people are able to stop using addictive drugs without professional help.
 - D) individuals who receive morphine from physicians for pain relief usually develop the irresistible cravings of an addict.

50. In large doses, alcohol is a _____; in small amounts, it is a _____.
- A) depressant; stimulant
 - B) stimulant; depressant
 - C) stimulant; stimulant
 - D) depressant; depressant
51. By decreasing REM sleep, alcohol consumption disrupts the processing of recent experiences into long-term memory. This disruption occurs because REM sleep
- A) By decreasing REM sleep, alcohol consumption disrupts the processing of recent experiences into long-term memory. This disruption occurs because REM sleep
 - B) triggers the release of melatonin.
 - C) enhances metabolic and hormonal functioning.
 - D) relaxes muscles while other body systems are active.
52. Alcohol consumption tends to
- A) decrease self-awareness and increase impulse control.
 - B) increase self-awareness and decrease impulse control.
 - C) increase self-awareness and increase impulse control.
 - D) decrease self-awareness and decrease impulse control.
53. The use of barbiturates _____ anxiety and _____ nervous system activity.
- A) increases; decreases
 - B) decreases; increases
 - C) decreases; decreases
 - D) increases; increases
54. Morphine and heroin are
- A) amphetamines.
 - B) opiates.
 - C) hallucinogens.
 - D) barbiturates.
55. Amphetamines are to _____ as barbiturates are to _____.
- A) hallucinogens; depressants
 - B) stimulants; depressants
 - C) hallucinogens; stimulants
 - D) stimulants; hallucinogens
56. François was dismayed to discover that some of his football teammates were using drugs to enhance their footwork and endurance on the playing field. Which of the following drugs were the players most likely using?
- A) morphine derivatives
 - B) marijuana
 - C) amphetamines
 - D) barbiturates
57. By triggering the release of epinephrine and norepinephrine, _____ boosts alertness and diminishes appetite.
- A) alcohol
 - B) heroin
 - C) nicotine
 - D) ghrelin

58. Which of the following is a common symptom of nicotine withdrawal?
- A) anxiety
 - B) drowsiness
 - C) diminished appetite
 - D) insensitivity to pain
59. One of the dangers of using Ecstasy at all-night dances is
- A) increased appetite.
 - B) dehydration.
 - C) lethargy.
 - D) pupil constriction.
60. Which of the following is a psychedelic drug?
- A) LSD
 - B) cocaine
 - C) heroin
 - D) nicotine
61. THC, the active ingredient in _____, is classified as a _____.
- A) marijuana; hallucinogen
 - B) marijuana; stimulant
 - C) cocaine; stimulant
 - D) cocaine; hallucinogen
62. U.S. sixth graders _____ their friends' use of marijuana, and university students _____ their fellow students' enthusiasm for alcohol.
- A) underestimate; overestimate
 - B) overestimate; underestimate
 - C) underestimate; underestimate
 - D) overestimate; overestimate

Answer Key

1. D
2. C
3. B
4. D
5. B
6. C
7. C
8. D
9. B
10. C
11. A
12. A
13. B
14. C
15. C
16. C
17. A
18. C
19. A
20. C
21. A
22. C
23. D
24. D
25. D
26. C
27. D
28. B
29. C
30. D
31. D
32. B
33. B
34. B
35. B
36. D
37. D
38. B
39. D
40. A
41. C
42. C
43. D
44. B
45. A
46. C
47. C
48. C
49. C
50. D
51. A
52. D
53. C

- 54. B
- 55. B
- 56. C
- 57. C
- 58. A
- 59. B
- 60. A
- 61. A
- 62. D