I. Consciousness
   A. Definition
   B. Altered States of Consciousness
   C. Levels of Consciousness-
      1. High level of awareness
      2. Middle level of awareness
         a. Daydreaming & fantasies
      3. Minimal or no awareness
         a. unconsciousness (biological)

II. Sleep & Dreams
   A. Circadian Rhythms (Sleep & 24-hour cycle)
      1. Disrupted circadian rhythms
         a. shift workers
         b. jet lag
   B. Research on Sleep
   C. Early Stages of Sleep
      1. Normal wakefulness
      2. Drowsy relaxation
      3. Stage 1 sleep
         a. May experience hypnagogic state
      4. Stage 2 sleep
      5. Stage 3 &4
   D. REM Sleep- “paradoxical sleep”
   E. Sleep Deprivation
   F. Purpose of REM & NREM Sleep
      1. REM
      2. NREM
   G. Sleep Functions
   H. Sleep Disorders
      1. Dyssomnias
         a. Insomnia
         b. Sleep apnea
         c. Narcolepsy
      2. Parasomnias
         a. Nightmares
         b. Night Terrors
         c. Sleepwalking
         d. Sleptalking
I. Theories of Dreaming
   A. Psychoanalytic/Psychodynamic View
   B. The Biological View (Activation-synthesis hypothesis) - dreams are byproducts of random stimulation of brain cells, brain attempts to make sense of spontaneous activity
   C. Information processing - dreams are extension of everyday life, thinking during sleep; sort everyday experiences & thoughts

III. Drugs that Influence Consciousness (Psychoactive Drugs)
   A. Terms
      1. Drug abuse
      2. Addiction
      3. Psychological dependence
      4. Physical dependence
      5. Withdrawal
      6. Tolerance
   B. Types
      1. Depressants (downers)
         a. E.g., alcohol, barbiturates (sedatives, tranquilizers), antianxiety drugs, Rohypnol (roofies), Ketamine (special K), opiates (morphine, heroin, codeine)
         b. Desired effects
         c. Undesirable effects
      2. Stimulants (uppers)
         a. E.g., caffeine, nicotine, amphetamines (speed), cocaine, MDMA (ecstasy)
         b. Desired effects of cocaine, amphetamines, ecstasy:
         c. Undesirable effects
         d. Desired effects of caffeine
         e. Undesirable effects
         f. Desired effects of nicotine
         g. Undesirable effects
      3. Hallucinogens (psychedelics)
         a. E.g., LSD, marijuana, mescaline, mushrooms
         b. Desirable effects of LSD
         c. Undesirable effects
         d. Desirable effects of marijuana
         e. Undesirable effects
   C. How Drugs Work
      1. Agonist
      2. Antagonist