

Guided Reading Activity

7-1

networks

Altered States of Consciousness

Lesson 1 *Dream Plans*

Review Questions: Outlining

Directions: Read the lesson and complete the outline below. Refer to your textbook to fill in the blanks.

I. Why We Sleep

- A. The study of sleep is aided by a(n) _____, a device that records electrical activity in the brain.
- B. Sleep is characterized by unresponsiveness to the _____ and usually limited _____.

II. Stages of Sleep

- A. As you begin to fall asleep, your _____ and _____ decrease, while your _____ becomes slow and even.
- B. Stage I sleep is marked by the presence of low amplitude _____ waves, whereas the deeper level of Stage III sleep shifts to high amplitude _____ waves.
- C. REM sleep is called _____ because the brain waves resemble those of a person who is _____.
- D. REM sleep seems to serve psychological functions, such as _____.

III. Quantity and Quality of Sleep

- A. To function normally, people need both _____ sleep and _____ sleep.
- B. Internal _____ regulate(s) the body's sleep-wakefulness cycle, but external forces like the environment and the _____ control it.
- C. _____ may be caused by anxiety or depression, whereas _____ is caused by a physical problem that blocks the airway.

IV. Dreams

- A. Researchers believe that a certain amount of dreaming every night is _____.
- B. Many of the emotions experienced in dreams are _____ and sometimes these emotions can cause frightening _____.
- C. Some people believe that dreams contain hidden _____, but others like Nathaniel Kleitman think they serve no _____ whatsoever.

Guided Reading Activity *cont.*



Altered States of Consciousness

Summary and Reflection

Directions: Summarize the main ideas of this lesson by answering the question below.

Sleep is considered an altered state of consciousness. Use examples from the stages of sleep to support this idea.
