

Quick Study Guide

Topic: States of Consciousness – Sleep Disorders

Related Course(s): Psych 1100

Sleep Disorders & Hypnosis – Key Terms

Insomnia: difficulty falling and staying asleep

3 basic patterns of insomnia:

1. Initial problems falling asleep
2. Difficulty remaining asleep
3. Persistent early morning awakenings

Sleep Apnea: reflexive gasping for air which awakens person and disrupts sleep.

Sudden infant death syndrome (SIDS): when seemingly normal infants who die while sleeping. SIDS is thought to be associated with sleep apnea.

Night terror: sudden awakenings from non-REM sleep that are accompanied by intense autonomic arousal including extreme fear, panic, and strong physiological excitation.

- a) usually occurs during SWS
- b) this is most common in children ages 3-8, although it sometimes occurs in adults
- c) typically, during a night terror, the child will sit upright, scream a lot, but then just stops and goes back to sleep.
- d) Usually the child has no recollection of the event
- e) not indicative of emotional disorders

Narcolepsy: sudden and irresistible onset of sleep during waking hours; uncontrollable sleeping that occurs for short periods while a person is awake; person goes directly from wake to REM

Somnambulism (sleep walking): despite what your mother may have told you, a sleepwalker is Not acting out a dream; typically, sleep walking occurs during slow-wave-sleep (SWS) or deep sleep

Hypnosis: a trancelike state of heightened susceptible to the suggestions of others

Divided consciousness: divisions of consciousness into two simultaneous components

Mediation: a learned technique for refocusing attention that brings about an altered state of consciousness