Live! Psych: States of Consciousness Chapter 5

Name:_____ ID:_____

Course: Psych 1100 Section: _____ Date:_____

Stimulation: Stages of Sleep

1. Explain the difference between *beta waves* and *alpha waves*.

2. Briefly describe the sleep cycle. How do these stages change over the course of a night?

3. Describe the bodily experiences during different stages of sleep.

Stages of Sleep	Physical Changes
Stage 1	
Stage 2	
Stage 3	
Stage 4	

Live! Psych: States of Consciousness Chapter 5

Stimulation: Psychoactive Drugs and Their Effects

1. What effects do Opiates and Hallucinogens have on the brain and body?

2. What are the six different ways that drugs can enhance synaptic transmission?

3. How do antagonist drugs produce their effects at the cellular level?