**AP PSYCHOLOGY 2022-23 November 4, 2022**

**Today’s Agenda (Day 50)**

1. HOMEWORK CHECK

🡪 Unit 5 Vocabulary

1. Class Activity:

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🡪DAY 3: Unit 5 PPT Review

1. **Module 23 – Sleep patterns and sleep theories**
2. Module 24 – Sleep deprivation, sleep disorders & dreams
3. Module 25 – Psychoactive drugs

HOMEWORK:

* READ: Unit 5 – States of Consciousness
* COMPLETE:
* STUDY: Unit 5 Vocabulary Quiz and Test

Unit 5

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Addiction | Alcohol use disorder | Alpha waves | Amphetamines | Barbiturates | Circadian rhythm |
| Cocaine | Consciousness | Delta waves | Depressants | Dissociation | Dream |
| Ecstasy | Hallucinations | Hallucinogens | Hypnosis | Insomnia | Latent content |
| LSD | Manifest content | Methamphetamine | Narcolepsy | Near-death experience | Nicotine |
| NREM sleep | Opiates | Post-hypnotic suggestion | Psychoactive drug | REM rebound | REM sleep |
| Sleep | Sleep apnea | Stimulants | Substance use disorder | Suprachiasmatic nucleus | THC |
| Tolerance | withdrawal | Night terrors |  |  |  |

REMINDERS:

* ~~Unit 5 Vocabulary – Nov. 4~~
* **QUIZ: Unit 5 Vocabulary – Nov. 7**
* **TEST: Unit 5 🡪 Nov. 10**

**AP PSYCHOLOGY 2022-23 CLASS REVIEW**

**Handout 22-1:** **Fact or Falsehood?**

Read each statement and decide whether you believe it is true or false.

T F 1. All psychologists believe that hypnosis is an altered state of consciousness.

T F 2. While under hypnosis, people can perform tasks that are otherwise impossible.

T F 3. Psychologists who hypnotize patients often have them focus on a watch swinging from a chain while saying, “You are getting very sleepy.…”

T F 4. Hypnosis is a state of deep sleep.

T F 5. People who are highly suggestible are most likely to be successfully hypnotized.

T F 6. It is more difficult to become hypnotized in front of an audience than in a private, one-on-one session.

T F 7. While under hypnosis, people can always remember lost childhood memories accurately.

T F 8. Courts allow hypnotically refreshed memories as legitimate evidence in trials.

T F 9. Hypnosis is most effective in controlling pain.

**Handout 24-1:** **Fact or Falsehood?**

T F 1. When we leave sleep unhindered, most adults will sleep at least 9 hours a night.

T F 2. Sleep deprivation can make you fatter.

T F 3. Sleeping pills and alcohol are excellent ways to combat insomnia long-term.

T F 4. It is dangerous to wake up someone who has been sleepwalking.

T F 5. People do not remember recorded information heard while asleep.

T F 6. If deprived of REM sleep, people will fall directly into REM sleep the next time they fall asleep.

**Handout 23-1:** **Fact or Falsehood?**

|  |  |  |
| --- | --- | --- |
| 1. During sleep, your brain rests.      1. You cannot learn to function normally with one or two fewer hours of sleep | T | F |
| than you need. | T | F |
| 3. Boredom makes you feel sleepy, even if you have had enough sleep. | T | F |
| 4. Resting in bed with your eyes closed cannot satisfy your body’s need for sleep. | T | F |
| 5. Snoring is not harmful as long as it doesn’t disturb others or wake you up. | T | F |
| 6. Everyone dreams every night. | T | F |
| 7. The older you get, the fewer hours of sleep you need. | T | F |
| 8. Most people don’t know when they are sleepy. | T | F |
| 9. Raising the volume of your radio will help you stay awake while driving. | T | F |
| 10. Sleep disorders are mainly due to worry or psychological problems. | T | F |
| 11. The human body never adjusts to night shift work. | T | F |
| 12. Most sleep disorders go away even without treatment. | T | F |

# Handout 23-2: How Large Is Your Sleep Deficit?

Directions: The following questionnaire is designed to determine whether you have a sleep deficit. Answer each question by circling **Yes** or **No.**

|  |  |
| --- | --- |
| 1. Do you usually need a loud alarm clock to wake you up in the morning? Yes 2. Do you usually hit the snooze control to get a few minutes more of sleep when the alarm goes off in the morning (or simply turn off the alarm and try to catch | No |
| a bit more sleep)? Yes | No |
| 1. Do you find that getting out of bed in the morning is usually a struggle? Yes 2. Do you sometimes sleep through the alarm? Yes No | No |
| 1. Do you sleep longer on weekends than you normally do during the week? Yes 2. On vacations and holidays do you sleep longer than you normally do on | No |
| regular school weeks? Yes | No |
| 1. Do you often feel that your “get-up-and-go” has gotten up and gone? Yes 2. Do you find that it is more difficult to attend to details on routine chores | No |
| than it used to be? Yes | No |
| 1. Do you sometimes fall asleep when you had not intended to? Yes 2. Do you sometimes find yourself getting very sleepy while you are sitting | No |
| and reading? Yes  11. Do you sometimes find yourself getting very sleepy or dozing off when you | No |
| are watching TV? Yes  12. When you are a passenger in an airplane, car, bus, or train and the trip lasts over an hour without a break, do you commonly find yourself getting very | No |
| sleepy or dozing off? Yes  13. Do you tend to get sleepy when you are sitting quietly at a public meeting, | No |
| lecture, or in a theater? Yes  14. Have you sometimes found yourself getting extremely sleepy with the urge | No |
| to doze when you drive and are stopped for a few minutes in traffic? Yes  15. Do you drink more than four cups of coffee or tea (containing caffeine) during the day? (Remember to count refills; also count extra large take-out | No |
| cups as two cups.) Yes | No |