Consciousness and the two-track mind

Addiction:
Psychoactive drugs alter moods and perceptions

Tolerance to a drug becomes
Withdrawal

Using more than intended
Time spent
Activities reduced
Failed attempts to quit

C
A
G
E
Alcohol
Slow neural processing
Reduced memory formation
Impaired self control

Opiates are highly addictive depressants
Caffeine
Alcohol
Ecstasy

Consciousness is our awareness of ourselves and our environment

Conscious "high" track
Deliberately do it

Unconscious low track
Automatic actions

Selective attention: our brain is able to choose a focus and select what to notice
Selective inattention is what we don't focus on in our environment

Circadian rhythm refers to the body's natural 24-hour cycle
Eye movement
Muscle tension
and brain waves
Four stages of sleep
Cycles are the pattern of switching stages
NREM - 1
NREM 2
NREM 3
REM is when we dream
Heart rate rises
90 min the whole sleep cycles
Newborn need 16s
Adults need 8 hours
We sleep because:
Protect our ancestors from predators
Restores and repairs the brain and body
Builds and strengthens memories
Facilitates problem solving
Growth hormones are active
Sleep deprivation causes
Lose brainpower
Gain weight
Get sick
Be irritable
Feel old

Insomnia is the persistent inability to fall asleep or stay asleep

Narcolepsy - sleep attacks, even a collapse into REM/paralyzed sleep at inopportune times
Sleep apnea: repeated awakening after breathing stops; time in bed is not restorative sleep

How to sleep well:
Turn the lights low and turn all screens off
Eat earlier and drink less alcohol and caffeine
Get up at the same time every day, avoid naps.
Exercise regularly but not in the late evening
Don't check the clock; just let sleep happen.
Manage stress and anxiety

Hypnosis - State where you are likely to respond to suggestions
Most suggestable people
Block awareness of pain
Does not accurately boost recall of forgotten events
Divided consciousness theory
Hypnosis is a special state of dissociated consciousness of our dual track mind

Social influence theory
Hypnotic subjects may simply be imaginative people who just go along with it

Dissociative identity disorder -

Chapter 3
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