**CONSCIOUSNESS**

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| **consciousness** | A subjective measure of self report in which statements and answers are made by the participants concerning their thoughts and feelings in relation to their sleep and waking time activities. |
| **(NWC)** | A graph depicting the electrical activity of the muscles of the body measured by an electromyography |
| **(ASC)** | A graph depicting the electrical activity of the brain measured by an electroencephalograph. |
| **meditation** | An individual’s ability to monitor and take control of their own behavior. |
| **daydreaming** | Something believed to exist but that is difficult to measure. |
| **Hypothetical construct** | An instrument that detects, amplifies and records the electrical activity of the brain in the form of brainwaves. |
| **Alcohol induced state** | A task that involves little or no conscious awareness or mental effort and doesn’t interfere with other automatic or controlled processes. |
| **Hypnosis**  | The size of peaks and troughs in graphs predicting brainwaves. |
| **Automatic processes** | An induced altered state of consciousness caused by the consumption of alcohol, a drug that slows (or depresses) the brain and nervous system. |
| **Content limitations** | A type of brainwave pattern that is characterised by a high frequency (but not as high as the frequency for beta waves) and low amplitude that normally occurs when an individual is relaxed and/or drowsy. |
| **Divided attention** | Spontaneous electrical activity emitted by the brain generally associated with varying states of consciousness. |
| **Focused attention** | A technique to cause an altered state of consciousness that uses mental exercises to become highly focused on a single thought at the expense of other stimuli. |
| **awareness** | A task that involves a high level of conscious awareness or mental effort. |
| **Level of awareness** | An instrument that detects, amplifies and records the electrical activity of muscles of the body. |
| **Emotional awareness** | Measurements of behaviour that are based on personal thoughts, feelings and experience. |
| **controlled process** | A technique in which an altered state of consciousness involving deep relaxation and a sleep-like state during which an individual is susceptible to suggestions. |
| **Perceptual and distortions cognitive**  | The amount of control an individual has over the information allowed into consciousness. |
| **self-control** | A state of consciousness in which an individual is aware of their thoughts, feelings and behaviours, including internal and external events. |
| **Time orientation** | The knowledge, perception or feeling of an internal or exernal event. |
| **Selective attention**  | A substance that lowers the level of physiological or nervous activity in the body. |
| **brainwaves** | A type of brainwave pattern that is characterised by a medium frequency and a variety of amplitudes that predominantly occurs during the early stages of sleep. |
| **Alpha brainwaves** | A naturally occurring altered state of conscious in which a shift of awareness occurs from external events to internal thoughts. |
| **Beta brainwaves** | A type of brainwave pattern that is characterised by a low frequency and high amplitude that normally occurs during deep sleep. |
| **Delta brainwaves** | A subjective measure in which infrared lights are used to record footage of observable behaviours that occur during sleep silently without disturbing the subject. |
| **Amplitude brainwaves** | The ability to correctly estimate the speed of time passing. |
| **Theta brainwaves** | The ability to focus on two or more stimuli simultaneously. Tasks completed using divided attention are likely to be automatic processes. |
| **depressant** | A type of brainwave pattern that is characterised by a high frequency and low amplitude that normally occurs when an individual is awake and alert. |
| **Electroencephalogram (EEG)** | The awareness of our thoughts, feelings and our environment at any moment in time. Consciousness is selective, personal and continuous. |
|  **Drug** | The number of brainwaves that occur per second. |
| **electroencephalograph** | A chart that contains EEG, EOG and EMG recordings taken at the same time. |
| **electromyograph** | An individual’s perception and understanding of feelings within themselves and others. |
| **electrooculograph** | A substance that raises levels of physiological or nervous activity in the body. |
| **Electrooculogram (EOG)** | A graph depicting the electrical activity of the muscles surrounding the eye measured by an electrooculograph. |
| **Electromyogram (EMG)** | An individual’s ability to focus of their attention on a particular event to the exclusion of others. Also known as focused attention. |
| **Frequency (brainwaves)** | The ability to respond to one stimuli while ignoring others that is often used to complete controlled processes. Also known as selective attention. |
| **Objective data** | Any state of consciousness that is characteristically different from normal waking consciousness. |
| **polysomnogram** | The degree of awareness, and accuracy of sensations, perceptions and thought processes. |
| **stimulant** | Any substance other than food that causes physiological and or psychological changes to the body. |
| **sleep diary**  | Measurements of behaviour that are collected under controlled conditions. |
| **video monitoring**  | The amount of awareness that an inidividual has of internal and external events. |
| **Subjective data**  | An instrument that detects, amplifies and records the electrical activity of the muscles surrounding the eye. |