

# UNIT 4 AOS 1 CHECKLIST

## NATURE OF CONSCIOUSNESS:

- consciousness as a psychological construct that varies along a continuum, broadly categorised into normal waking consciousness and altered states of consciousness (naturally occurring and induced)
- the measurement of physiological responses to indicate different states of consciousness, including electroencephalograph (EEG), electromyograph (EMG), electro-oculograph (EOG) and other techniques to investigate consciousness (measurement of speed and accuracy on cognitive tasks, subjective reporting of consciousness, including sleep diaries, and video monitoring)
- changes in a person's psychological state due to levels of awareness, controlled and automatic processes, content limitations, perceptual and cognitive distortions, emotional awareness, self-control and time orientation
- changes in levels of alertness as indicated by brain waves patterns (beta, alpha, theta, delta) due to drug induced altered states of consciousness (stimulants and depressants)
- the effects on consciousness (cognition, concentration and mood) of one night of full sleep deprivation as a comparison with effects of legal blood-alcohol concentrations.

## KEY TERMS

TERM	Didn't even know this was a thing	Pretty sure I've heard of it	I can explain this concept with help	I can confidently explain this by myself	I know this really well and can teach someone else
Definition of consciousness					
Hypothetical construct					
Consciousness continuum					
Physiological responses in different SOC					
EEG					
EOG					
EMG					
Self reporting					
Sleep diaries					
Video monitoring					
Normal waking consciousness					
Altered states of consciousness					
Naturally occurring ASC					
Induced ASC					
Psychological changes in ASC					
Levels of awareness					

Selective Vs divided attention					
Controlled Vs Automatic processes					
Content limitations					
Perceptual and cognitive distortions					
Emotional awareness					
Self-control					
Time orientation					
Drug induced ASC					
Stimulants					
Depressants					

## IMPORTANCE OF SLEEP

- sleep as a regular and naturally occurring altered state of consciousness that follows a circadian rhythm and involves the ultradian rhythms of REM and NREM Stages 1–4 sleep excluding corresponding brain wave patterns and physiological responses for each stage
- theories of the purpose and function of sleep (REM and NREM) including restoration theory and evolutionary (circadian) theory
- the differences in sleep across the lifespan and how these can be explained with reference to the total amount of sleep and changes in a typical pattern of sleep (proportion of REM and NREM)

## KEY TERMS

TERM	Didn't even know this was a thing	Pretty sure I've heard of it	I can explain this concept with help	I can confidently explain this by myself	I know this really well and can teach someone else
Circadian rhythms					
Ultradian rhythms					
REM sleep					
NREM sleep					
Physiological responses at each stage of sleep					
Purpose & function of sleep					
Restorative theory (including criticisms)					
Evolutionary theory (including criticisms)					

Patterns of sleep across the lifespan					
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## EFFECTS OF SLEEP DISTURBANCES AND POSSIBLE TREATMENTS

- changes to a person’s sleep-wake cycle and susceptibility to experiencing a circadian phase disorder, including sleep-wake shifts in adolescence, shift work and jet lag
- the effects of partial sleep deprivation (inadequate sleep either in quantity or quality) on a person’s affective (amplified emotional responses), behavioural and cognitive functioning
- the distinction between dyssomnias (including sleep-onset insomnia) and parasomnias (including sleep walking) with reference to the effects on a person’s sleep-wake cycle
- the interventions to treat sleep disorders including cognitive behaviour

## KEY TERMS

TERM	Didn't even know this was a thing	Pretty sure I've heard of it	I can explain this concept with help	I can confidently explain this by myself	I know this really well and can teach someone else
Circadian phase disorders					
Sleep-wake cycle					
Sleep-wake cycle shift in adolescence					
Effects of shift work					
Effects of jet lag					
Psychological effects of sleep deprivation					
Physiological effects of sleep deprivation					
Effects of sleep deprivation compared to BAC					
Dysomnias					
Sleep Onset Insomnia					
Parasomnias					
Somnambulism					
Treatment of sleep disorders					
Cognitive Behavioural Therapy (CBT-I)					
Bright Light Therapy					