**UNIT 4 AOS 1 GLOSSARY TERMS- The Consciousness Continuum**

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| **TERM** | **DEFINITION** |
| Consciousness |  |
| NWC |  |
| ASC |  |
| Alcohol-induced state |  |
| Daydreaming |  |
| Hypnosis |  |
| Meditation |  |
| Divided attention |  |
| Anaesthetized |  |
| Automatic vs Controlled process |  |
| Awareness |  |
| Attention |  |
| Content limitations (NWC vs ASC) |  |
| Emotional awareness  (NWC vs ASC) |  |
| Perceptual distortions  (NWC vs ASC) |  |
| Cognitive distortions  (NWC vs ASC) |  |
| Self-control  (NWC vs ASC) |  |
| Selective attention  (NWC vs ASC) |  |
| Time orientation  (NWC vs ASC) |  |
| Levels of awareness  (NWC vs ASC) |  |

**UNIT 4 AOS 1 GLOSSARY TERMS- Measuring Consciousness**

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| **TERM** | **DEFINITION** |
| Alpha brainwaves |  |
| Beta brainwaves |  |
| Theta brainwaves |  |
| Delta brainwaves |  |
| Amplitude of brainwaves |  |
| Frequency of brainwaves |  |
| EEG |  |
| EMG |  |
| EOG |  |
| Polysomnogram |  |
| Sleep diary |  |
| Video monitoring |  |
| Stimulant |  |
| Depressant |  |
| Objective data (eg’s) |  |
| Subjective data (eg’s) |  |
| SLEEP |  |
| Circadian rhythm |  |
| Ultradian rhythm |  |
| Infradium rhythm |  |
| NREM (and stages 1-4) |  |
| REM |  |
| Slow wave sleep |  |
| Hypnic jerk |  |
| Hypnogogic state |  |
| Hypnopomic state |  |
| Hypnogram |  |
| Muscle atonia |  |
| Paradoxical sleep |  |
| Restorative theory of sleep |  |
| Evolutionary theory |  |
| Sleep deprivation |  |
| Partial sleep deprivation |  |
| Total sleep deprivation |  |
| Microsleep |  |
| Sleep deprivation psychosis |  |
| BAC |  |