Name: __________________________  Date: _____________

1. The best predictor of an adolescent's pattern of drug usage is whether the adolescent
   A) grows up in an intact two-parent family.
   B) has religious beliefs.
   C) is a first or second child.
   D) has close friends who use drugs.
   E) owns his or her own car.

2. Although Max never experiences caffeine withdrawal symptoms, he feels that he needs
   coffee every morning as part of his daily routine. Max best illustrates
   A) the pop-out phenomenon.
   B) dissociation.
   C) REM rebound.
   D) psychological dependence.
   E) narcolepsy.

3. Research indicates that memories retrieved during hypnosis are
   A) often a combination of fact and fiction.
   B) experienced as being inaccurate even when they are true.
   C) forgotten again as soon as the person awakens from the hypnotic state.
   D) often accurate indicators of childhood sexual abuse.
   E) accurate recollections of information previously learned.

4. Mr. Dayton occasionally stops breathing while sleeping. He wakes up to snort air for a
   few seconds before falling back to sleep. Mrs. Dayton complains that her husband
   snores. Clearly, Mr. Dayton suffers from
   A) insomnia.
   B) night terrors.
   C) narcolepsy.
   D) aphasia.
   E) sleep apnea.

5. Consciousness is
   A) the sudden and often novel realization of the solution to a problem.
   B) effortless encoding of incidental information into memory.
   C) the ability to solve problems, reason, and remember.
   D) our awareness of ourselves and our environment.
   E) the process of organizing and interpreting sensory information.
6. A split in consciousness in which some thoughts occur simultaneously with and yet separately from other thoughts is called
   A) posthypnotic suggestion.
   B) paradoxical sleep.
   C) narcolepsy.
   D) withdrawal.
   E) dissociation.

7. Which of the following provides the clearest indication of a drug addiction?
   A) REM rebound
   B) narcolepsy
   C) physical dependence
   D) hallucinations
   E) alpha waves

8. Deep sleep appears to play an important role in
   A) sleep apnea.
   B) physical growth.
   C) narcolepsy.
   D) paradoxical sleep.
   E) posthypnotic amnesia.

9. Some people function well with fewer than 6 hours of sleep per night, while others need 9 hours or more. Such differences in individual sleep patterns suggests that
   A) sleep debt affects a person's health and mental well-being.
   B) sleep disorders are widespread in our culture.
   C) sleep is necessary for helping us restore and repair brain tissue.
   D) genetics makes a difference in how much sleep we need and get.
   E) most adults are seriously sleep deprived.

10. The greatest danger of viewing drug addiction as a disease is that this may lead drug addicts to
    A) seek help from medical professionals.
    B) feel powerless to overcome the addiction.
    C) feel increased feelings of shame.
    D) hide the drug abuse from public view.
    E) become victims of social hostility and prejudice.
11. Sensory experiences that occur without a sensory stimulus are called
   A) hallucinations.
   B) night terrors.
   C) stressors.
   D) dissociations.
   E) neuroadaptations.

12. At 3 o'clock in the morning, John has already slept for 4 hours. As long as his sleep
    continues, we can expect an increasing occurrence of
   A) hypnagogic sensations.
   B) muscle tension.
   C) REM sleep.
   D) Stage 4 sleep.
   E) sleeptalking.

13. The need to take larger and larger doses of a drug in order to experience its effects is an
    indication of
   A) resistance.
   B) narcolepsy.
   C) dissociation.
   D) withdrawal.
   E) tolerance.

14. Terry has not had a decent night of sleep in over a week. If this sleep deprivation
    continues, he will become increasingly susceptible to
   A) night terrors.
   B) insomnia.
   C) viral infections.
   D) dissociation.
   E) sleep apnea.

15. Shane, a straight-A student, remembers dreaming that he failed an important chemistry
    test. According to Freud, Shane's account represents the ________ content of his dream.
   A) dissociated
   B) latent
   C) manifest
   D) paradoxical
   E) delusional
16. Our inability to fall asleep early as we had planned is most likely a reflection of
   A) night terrors.
   B) the circadian rhythm.
   C) dissociation.
   D) sleep apnea.
   E) narcolepsy.

17. Alcohol consumption is LEAST likely to make people more
   A) self-disclosing.
   B) self-conscious.
   C) sexually daring.
   D) fearful.
   E) aggressive.

18. One theory suggests that the brain activity associated with ________ is helpful for
devoping and preserving neural pathways in the brain.
   A) dreaming
   B) sleep apnea
   C) night terrors
   D) hypnagogic sensations
   E) near-death experiences

19. Chemical substances that alter perceptions and moods are called ________ drugs.
   A) psychoactive
   B) hypnagogic
   C) narcoleptic
   D) dissociative
   E) neuroadaptive

20. Genital arousal is most likely to be associated with
   A) Stage 4 sleep.
   B) sleep spindles.
   C) hypnagogic sleep.
   D) sleep apnea.
   E) REM sleep.
21. REM rebound involves the
   A) unusual symptoms of tiredness and irritability that follow periods of REM sleep deprivation.
   B) tendency for REM sleep periods to become increasingly longer and more frequent as a normal night of sleep progresses.
   C) tendency for REM sleep to increase following REM sleep deprivation.
   D) replacement of REM sleep with NREM sleep.
   E) increase in REM sleep that characteristically follows intense learning episodes or stressful daytime experiences.

22. The circadian rhythm is influenced by light-sensitive retinal proteins that trigger signals to the
   A) MDMA.
   B) sleep spindles.
   C) dopamine reward system.
   D) suprachiasmatic nucleus.
   E) thyroid gland.

23. Morphine and heroin are
   A) hallucinogens.
   B) stimulants.
   C) barbiturates.
   D) opiates.
   E) amphetamines.

24. Dreams often involve sudden emotional reactions and surprising changes in scene. This best serves to support the theory that dreams
   A) represent both latent content and manifest content.
   B) prepare us for the stress and challenges of the following day.
   C) are triggered by random bursts of neural activity.
   D) strengthen our memories of the preceding day's events.
   E) reflect one's level of cognitive development.

25. Alcohol, marijuana, cocaine, and a wide variety of other chemical agents that alter perceptions and moods are called
   A) psychoactive drugs.
   B) hallucinogens.
   C) narcotic agents.
   D) physiological dependents.
   E) stimulants.
26. The human sleep cycle repeats itself about every
   A) 4 hours.
   B) 2 1/2 hours.
   C) 30 minutes.
   D) 1.5 days.
   E) 90 minutes.

27. Sleep apnea is a disorder involving
   A) the excessive use of sleeping pills or other sleep-inducing drugs.
   B) hypnagogic sensations of falling or floating weightlessly.
   C) screams and panic during deep sleep.
   D) periodic uncontrollable attacks of overwhelming sleepiness.
   E) the cessation of breathing during sleep.

28. THC, the active ingredient in ________, is classified as a ________.
   A) heroin; depressant
   B) cocaine; hallucinogen
   C) marijuana; stimulant
   D) marijuana; hallucinogen
   E) cocaine; stimulant

29. Alpha waves are associated with
   A) Stage 3 sleep.
   B) relaxed but awake state.
   C) Stage 4 sleep.
   D) Stage 2 sleep.
   E) REM sleep.

30. About three hours after he falls asleep, Bobby often sits up in bed screaming incoherently. His mother tries to awaken him, but with no success. His pulse races and he gasps for breath. The next morning, he remembers nothing. It appears that Bobby suffers from
   A) sleep spindles.
   B) sleep apnea.
   C) insomnia.
   D) night terrors.
   E) narcolepsy.
31. How is the hypothalamus involved in sleep?
   A) The action of the hypothalamus suppresses immune cell production that fights off viral infections and cancer.
   B) Cell clusters in the hypothalamus stimulate the production of relatively slow alpha waves, signaling the transition from deep relaxation to sleep.
   C) The hypothalamus triggers the pituitary gland in the endocrine system to produce the hormone thyroxin, which leads you to sleep.
   D) During sleep the hypothalamus stimulates the production of free radicals, molecules that are toxic to neurons, which weakens unused connections.
   E) In response to decreasing light the hypothalamus' suprachiasmatic nucleus causes the pineal gland to increase production of melatonin, leading you to sleep.

32. Sleeptalking may occur during
   A) REM sleep.
   B) any stage of sleep.
   C) Stage 2 sleep.
   D) Stage 1 sleep.
   E) Stage 4 sleep.

33. One plausible theory suggests that hypnosis relieves pain by
   A) speeding up the circadian rhythm.
   B) eliciting delta waves characteristic of deep sleep.
   C) increasing NREM sleep over time.
   D) distracting attention.
   E) blocking sensory input.

34. Slow-wave sleep promotes
   A) narcolepsy.
   B) dissociation.
   C) insomnia.
   D) REM rebound.
   E) effective memory.

35. What do methamphetamine, caffeine, and cocaine have in common?
   A) They relax the body, lead to disinhibition, and produce euphoria.
   B) They excite neural activity and arouse body functions.
   C) They slow body functions and calm neural activity.
   D) They distort perceptions and evoke sensations without sensory input.
   E) They depress neural functioning and reduce pain.
36. Which of the following is true of melatonin?
   A) It is a sleep hormone released by the pineal gland into the bloodstream.
   B) It helps restore and repair brain tissue by increasing the production of free radicals.
   C) It alters metabolic and hormonal functioning in ways that mimic aging.
   D) Production of melatonin during sleep boosts our immune system, which helps us fight off viral infections.
   E) It is produced by the brain during the hypnagogic stage in NREM sleep.

37. The pituitary gland releases a growth hormone during
   A) paradoxical sleep.
   B) Stage 2 sleep.
   C) Stage 1 sleep.
   D) circadian sleep.
   E) slow-wave sleep.

38. When people are experiencing vivid dreams
   A) they are more likely to sleepwalk than during any other stage of sleep.
   B) they intermittently stop breathing.
   C) their slow brain-wave patterns indicate that they are deeply asleep.
   D) their eyes are likely to move under their closed eyelids.
   E) their bodies often move in accordance with what they dream.

39. Josef, a high school student, tells his therapist that he has had a recurring dream in which he hunts and kills a ferocious tiger. The therapist explains that the dream reflects Josef's unresolved feelings of hostility toward his father. According to Freud, the therapist is revealing the possible ________ content of Josef's dream.
   A) dissociated
   B) manifest
   C) delta
   D) circadian
   E) latent

40. When light strikes the retina, it signals the suprachiasmatic nucleus to alter ________ production by the pineal gland.
   A) endorphin
   B) melatonin
   C) serotonin
   D) acetylcholine
   E) dopamine
41. Nightmares are to _______ as night terrors are to _______.
   A) narcolepsy; sleep apnea
   B) Stage 1 sleep; REM sleep
   C) REM sleep; Stage 4 sleep
   D) delta waves; alpha waves
   E) Stage 4 sleep; Stage 1 sleep

42. Paradoxical sleep is to slow-wave sleep as _______ sleep is to _______ sleep.
   A) REM; Stage 2
   B) Stage 2; REM
   C) Stage 1; REM
   D) REM; Stage 4
   E) REM; Stage 1

43. According to Freud, the latent content of a dream refers to
   A) the sensory stimuli in the sleeping environment that are incorporated into the dream.
   B) its underlying but censored meaning.
   C) the previous day's events that prompted the dream.
   D) the story line of our dreams.
   E) its accompanying brain-wave pattern.

44. Unpleasant withdrawal symptoms are indicative of
   A) dissociation.
   B) REM rebound.
   C) neuroadaptation.
   D) narcolepsy.
   E) physical dependence.

45. Alcohol is considered a(n)
   A) hallucinogen.
   B) both a depressant and a hallucinogen.
   C) opiate.
   D) stimulant.
   E) depressant.
46. Sleep deprivation has been shown to
   A) decrease narcolepsy.
   B) decrease tolerance and increase withdrawal.
   C) increase attentiveness to highly motivating tasks.
   D) reduce hypertension.
   E) diminish immunity to disease.

47. Researchers have demonstrated that people trained to perform tasks recall them better after a night's sleep than after several hours awake. This finding suggests that sleep
   A) patterns suit a species' ecological niche.
   B) is for making memories.
   C) plays a role in the growth process.
   D) inspires creative achievements and problem solving.
   E) helps restore and repair brain tissue.

48. People are particularly responsive to hypnosis if they
   A) suffer a physical or psychological dependence on alcohol.
   B) strongly expect that they can be hypnotized.
   C) are below average in intelligence and education.
   D) were diagnosed with a psychological disorder at one time in their lives.
   E) are easily distracted and have difficulty focusing attention.

49. The large, slow brain waves associated with deep sleep are called
   A) sleep spindles.
   B) alpha waves.
   C) beta waves.
   D) delta waves.
   E) theta waves.

50. After Carlos had been asleep for about an hour and a half, his heart began to beat faster, his breathing became fast and irregular, and his closed eyes began to dart back and forth. Carlos was most likely experiencing
   A) narcolepsy.
   B) Stage 4 sleep.
   C) REM sleep.
   D) a hallucination.
   E) sleep apnea.
Unit 5 REVIEW

Answer Key

1. D
2. D
3. A
4. E
5. D
6. E
7. C
8. B
9. D
10. B
11. A
12. C
13. E
14. C
15. C
16. B
17. B
18. A
19. A
20. E
21. C
22. D
23. D
24. C
25. A
26. E
27. E
28. D
29. B
30. D
31. E
32. B
33. D
34. E
35. B
36. A
37. E
38. D
39. E
40. B
41. C
42. D
43. B
44. E
45. E
46. E
47. B
48. B
49. D
50. C