# States Of Consciousness

# AP Psychology

#### Conscionement

- Dual Processing: The principle that information is perceived, remembered and thought both consciously and unconsciously at the same time.
  - Conscious Processing: Deliberate ("High Road")
  - Unconscious Processing: Automatic ("Low Road")
- Blindsight: The ability for a person who cannot see to be able to respond to visual stimulus (like if a blind person was able to avoid a trash can in front of him)
- Selective Attention: Focusing on one particular stimulus out of all the stimulus around oneself.
- Cocktail Party Effect: The ability to attend to only one voice out of many.
- Inattentional Blindness: The inability to notice a visible object because your attention is elsewhere.
- Change Blindness: When there is a visual stimulus alters but the observer is unaware
  of the alteration.
- Change Deafness: When an audible stimulus (noise) alters, including its tone, pitch, and/or volume but the listener is unaware of the alteration.

#### Sleep

- Circadian Rhythm: The body's internal (biological) sleep-wake clock.
  - It can be affected by age and experience
- Stages of Sleep
  - Hypnagogic State: The dreamlike state which occurs before sleep.
  - Quite Sleep: Occurs stages 1 to 4, nRem (not Rem).
  - Active Sleep: Rem, dreams most likely occur in active sleep.
  - Individual Stages of Sleep
    - Stage 1
      - Alpha waves
      - · Signalled by twitches
      - Lasts 10minutes
      - If awoken people in stage 1 don't think they were asleep.
    - Stage 2
      - Spindles
      - Stage 2 takes up 50% of a person's sleep time
    - Stage 3
      - Delta waves
      - Lasts about 30minutes
      - · The body begins slowing down (example: breathing slows)

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