

1. **Consciousness:** our awareness of ourselves and our environments
2. **Circadian Rhythm:** the biological clock; regular bodily rhythms that occur on a 24-hour cycle
3. **REM Sleep:** rapid eye movement sleep; a recurring sleep stage during which vivid dreams commonly occur
4. **Paradoxical Sleep:** a form of REM sleep with relaxed muscles (except for minor twitches) but other body systems (internal) are active
5. **Alpha Waves:** the relatively slow brain waves of a relaxed, awake state
6. **Sleep:** periodic, natural loss of consciousness
7. **Hallucinations:** false sensory experiences, such as seeing something in the absence of an external visual stimulus
8. **Delta Waves:** the large, slow brain waves associated with deep sleep
9. **NREM Sleep:** non-rapid eye movement sleep; encompasses all sleep stages except for REM sleep
10. **Insomnia:** recurring problems in falling or staying asleep
11. **Narcolepsy:** a sleep disorder characterized by uncontrollable sleep attacks; the sufferer may lapse directly into REM sleep, often at inopportune times
12. **Sleep Apnea:** a sleep disorder characterized by temporary cessations of breathing during sleep and repeated momentary awakenings
13. **Night Terrors:** a sleep disorder characterized by a high arousal and an appearance of being terrified; unlike nightmares, night terrors occur during Stage 4 sleep, within two or three hours of falling asleep and are seldom remembered
14. **Dream:** a sequence of images, emotions, and thoughts passing through a sleeping person's mind; dreams are notable for their hallucinatory imagery, discontinuities, and incongruities, and for the dreamer's delusional acceptance of the content and later difficulties remembering it
15. **Manifest Content:** according to Freud, the remembered story line of a dream
16. **Latent Content:** according to Freud, the underlying meaning of a dream
17. **REM Rebound:** the tendency for REM sleep to increase following REM sleep deprivation (caused by repeated awakenings during REM sleep)
18. **Hypnosis:** a social interaction in which one person (the hypnotist) suggests to another (the subject) that certain perceptions, feelings, thoughts, or behaviors will spontaneously occur
19. **Posthypnotic Suggestion:** a suggestion, made during a hypnosis session, to be carried out after the subject is no longer hypnotized; used by some clinicians to help control undesired symptoms and behaviors
20. **Dissociation:** a split in consciousness, which allows some thoughts and behaviors to occur simultaneously with others
21. **Psychoactive Drug:** a chemical substance that alters perceptions and moods
22. **Tolerance:** the diminishing effect with regular use of the same dose of a drug, requiring the user to take larger and larger doses before experiencing the drug's effect
23. **Withdrawal:** the discomfort and distress that follow discontinuing the use of an addictive drug
24. **Psychological Dependence:** a psychological need to use a drug (i.e. to relieve negative emotions)
25. **Addiction:** compulsive drug craving and use, despite adverse consequences
26. **Barbiturates:** drugs that depress the activity of the central nervous system, reducing anxiety but impairing memory and judgement
27. **Opiates:** opium and its derivatives (i.e. morphine and heroin); they depress neural activity, temporarily lessening pain and anxiety
28. **Stimulants:** drugs (i.e. caffeine, nicotine, amphetamines, cocaine, and Ecstasy) that excite neural activity and speed up body functions
29. **Amphetamines:** drugs that stimulate neural activity, causing speeded-up body functions and associated energy and mood changes
30. **Methamphetamine:** a powerfully addictive drug that stimulates the central nervous system, with speeded-up body functions and associated energy and mood changes; over time, appears to reduce baseline dopamine levels
31. **Ecstasy (MDMA):** a synthetic stimulant and mild hallucinogen; produces euphoria and social intimacy, but with short-term health risks and longer-term harm to serotonin-producing neurons and to mood and cognition
32. **Hallucinogens:** psychedelic ("mind-manifesting") drugs (i.e. LSD) that distort perceptions and evoke sensory images in the absence of sensory input
33. **LSD:** also known as Acid (lysergic acid diethylamide); a powerful hallucinogenic drug
34. **Near-Death Experience:** an altered state of consciousness reported after a close brush with death (such as through cardiac arrest); often similar to drug-induced hallucinations
35. **THC:** the major active ingredient in marijuana; triggers a variety of effects, including mild hallucinations
36. **Physical Dependence:** a physiological need for a drug, marked by unpleasant withdrawal symptoms when the drug is discontinued