States of Consciousness Critical Thinking Questions
Answer in your OWN WORDS.

1. How many hours of sleep per night do you usually get? How many SHOULD you be getting? **What are potential negative effects of sleep deprivation?**

2. Pick two of the sleep theories you think are most valid (are most likely true). **Describe the two and indicate why you chose those two.**

3. Pick one sleep disorder that you, a family member, or a friend has, and describe it. How does this sleep disorder affect their life? If you don’t know anyone with a sleep disorder, pick one at random to describe and hypothesize at how it would affect their life.

4. How often do you daydream? **What are the two most common themes of daydreaming?** Does your daydreaming tend to match up with one of these themes?
5. Think of your most memorable dream that you can remember. Using three (3) of the dream theories, describe each theory and then apply it to analyzing your dream as best you can.

6. How do agonists, antagonists, and reuptake inhibitors all differ from one another?

7. What are the three main categories of psychoactive drugs? What are the main characteristics of each category? Cite at least one (1) specific drug that falls under each category.

8. There are two schools of thought when it comes to drug education. Some believe that we should not teach about drugs at all because students will be more likely to try them once they learn what they are. Others believe we should teach about drugs and focus on the negative effects since students will probably already know what they are. Evaluate which side you believe is better. Be sure to explain your reasoning.