

### Chapter 6: Review Vocabulary WS

Match each vocabulary term to the appropriate definition.

- |                        |                     |                 |
|------------------------|---------------------|-----------------|
| a. construct           | i. circadian rhythm | q. REM rebound  |
| b. consciousness       | j. twilight state   | r. night terror |
| c. subconscious        | k. REM sleep        | s. insomnia     |
| d. unconscious         | l. beta waves       | t. narcolepsy   |
| e. age regression      | m. alpha waves      | u. sleep apnea  |
| f. biological clocks   | n. delta waves      | v. hypnosis     |
| g. free-running cycles | o. NREM sleep       | w. trance       |
| h. entrainment         | p. nightmare        | x. meditation   |

- \_\_\_\_\_ 1. Involves altering the free-running cycle to fit a different rhythm.
- \_\_\_\_\_ 2. Sleep state involving rapid eye movement.
- \_\_\_\_\_ 3. The awareness of what is happening inside or outside ourselves.
- \_\_\_\_\_ 4. The process by which some people believe one's very early childhood can be relived under hypnosis.
- \_\_\_\_\_ 5. Internal chemical units that control regular cycles in parts of the body.
- \_\_\_\_\_ 6. The inability to get enough sleep.
- \_\_\_\_\_ 7. A state of relaxation in which attention is focused on certain objects, acts, or feelings.
- \_\_\_\_\_ 8. Frightening dream during REM.
- \_\_\_\_\_ 9. Briefly relaxed brain waves occurring just before going to sleep.
- \_\_\_\_\_ 10. A twilight dream occurring during REM when the body is not prepared for it.
- \_\_\_\_\_ 11. Rapid brain waves that take place when a person is awake.
- \_\_\_\_\_ 12. Thoughts, desires, etc. that are just below our present awareness.
- \_\_\_\_\_ 13. Suppression of behavioral changes that occur approximately every 24 hours.
- \_\_\_\_\_ 14. Another word for the state of being that can occur during hypnosis.
- \_\_\_\_\_ 15. Causes a person to fall peacefully asleep no matter what is going on in the environment.
- \_\_\_\_\_ 16. Slow, long sleep-wave brain waves.
- \_\_\_\_\_ 17. Increase in the number of dreams after being deprived of them.
- \_\_\_\_\_ 18. Relaxed state just before we fall into deep sleep.
- \_\_\_\_\_ 19. Hypnosis is held to be something that causes the mind to work or react in a way that would be hard to do in a state of full control in which the outside world is cut off from consciousness.
- \_\_\_\_\_ 20. A form of self-control in which the outside world is cut off from consciousness.
- \_\_\_\_\_ 21. Breathing stops while someone is asleep, waking the person.
- \_\_\_\_\_ 22. The rapid eye movement sleep, involving partial thoughts, images, or desires, just before waking.
- \_\_\_\_\_ 23. Thoughts or desires about which we can have no direct knowledge.
- \_\_\_\_\_ 24. Cycles set up by biological clocks that we under their own control, ignoring the environment.

- 1. (h) Entrainment
- 2. (k) REM Sleep
- 3. (c) Consciousness

# Chapter 16 Review Activity Solution Vocabulary Answers

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