

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 considered a form of self-control in which the outside world is cut off from consciousness.
- _____ 20. Breathing stops while someone is asleep, making the person.
- _____ 21. The rapid eye movement sleep, involving partial thoughts, images, or desires, just before waking.
- _____ 22. Thoughts or desires about which we can have no direct knowledge.
- _____ 23. 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

LeAnn Nickelsen



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