



STATES OF CONSCIOUSNESS and BODILY RHYTHMS

Attention

Consciousness and brain activity

Electro-encephalogram (EEG)

Are only human beings conscious?

Theories of sleep

Sleep

Diurnal (day-time) rhythm

Ultradian (night-time) rhythm

Theories of dreaming

Dreams

Physiology of sleep

Freud's levels of consciousness vs. continuum of consciousness

Conscious
Pre-conscious
Unconscious

Repression

Orienting response
Habituation

Tonic vs. phasic alertness

Immune system

Effects of sleep deprivation

How much do we need?

REM rebound

Stage 1
Stage 2
Stage 3
Stage 4

NREM sleep

Circadian rhythm ('about one day')

'Biological clock'

Lucid dreaming

Suprachiasmatic nucleus (SN)

Factor S

RAS

Locus coeruleus

noradrenaline

Darkness

Pineal gland

Melatonin

Serotonin (raphe nuclei)

[Ornstein, 1986]

[Hobson & McCarley, 1977; McCarley, 1983]

[Crick & Mitchison, 1983]

Freud [1900]

Jung [1963]

Hall [1966]

[Hobson, 1995]

[Greenfield, 1998]

[Oswald, 1966]

[Meddis, 1975]

[Hobson, 1995]