**Name:**

**Consciousness (unit 5): Guided Reading 10 Points**

1. What is the circadian rhythm? What causes it?
2. What are the 5 stages of sleep and what are the differences between them?
3. What are the major sleep disorders? What are the major dream theories?
4. What are the explanations of the “hypnotized state”?
5. What are the different types of drugs? How do they affect the human body differently?

**Important People – Why is each person significant to the understanding of Consciousness?**

William James --

Sigmund Freud –

Ernest Hilgard –