

Examrace

Psychology Most Important Questions with Answers on State of Consciousness Part 3

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35. Research suggests that the two most basic states of sleep are

- (a) Alpha sleep and beta sleep.
- (b) Light sleep and deep sleep.
- (c) REM sleep and non-REM sleep.
- (d) REM sleep and paradoxical sleep.

Answer: C

Solution:

36. When a person is shut off from the world such that he or she cannot even tell what time it is by light or dark, their sleep-waking cycle

- (a) Stays at about 24 hours.
- (b) Shortens to an average of about 20 hours.
- (c) Lengthens to an average of about 25 hours.
- (d) Becomes completely disrupted.

Answer: C

Solution:

37. Hypnosis

- (a) Was introduced by the Austrian physician, Karl Zener.
- (b) Is characterized by brain wave patterns similar to sleep.
- (c) Is an altered state characterized by narrowed attention and increased openness to suggestion.
- (d) Is a sleep state in which the subjects are partially aware of their actions and able to perform many activities not normally carried out during sleep.

Answer: C

Solution:

38. The rhythms of sleep and waking

- (a) Coincide with cycles of the moon.
- (b) Are considerably shorter than 24 hours.
- (c) Are about 24 hours long.
- (d) Average around 36 hours.

Answer: C

Solution:

39. Which of the following is a major way in which altered states of consciousness are produced?

- (a) Prolonged mental exertion
- (b) Hypnosis
- (c) Lucid dreaming
- (d) Maintaining routine sleep patterns

Answer: B

Solution:

40. The average ratio of time awake to time asleep is

- (a) 1 to 1.
- (b) 2 to 1.
- (c) 3 to 1.
- (d) unknown.

Answer: B

Solution:

41. Night terrors most often occur during

- (a) Stage 1 NREM sleep.
- (b) Stage 2 REM sleep.
- (c) Stage 3 NREM sleep.
- (d) Stage 4 NREM sleep.

Answer: D

Solution:

42. According to Freud, dreams are very often a means of

- (a) Wish fulfillment.
- (b) Solving daytime problems.
- (c) Telling oneself what's missing in one's life.
- (d) Categorizing one's experience.

Answer: A

Solution:

43. Lindsay is having trouble going to sleep. Which food would be recommended for her to eat if she wanted to increase her intake of tryptophan?

- (a) A turkey sandwich and a banana
- (b) A hamburger
- (c) Fruit salad
- (d) A glass of red wine

Answer: A

Solution:

44. Excessive daytime sleepiness is a condition called

- (a) Narcolepsy.
- (b) Hypersomnia.
- (c) sleep apnea.
- (d) Sleepwalking disorder.

Answer: B

Solution:

45. Immediately before sleep the EEG shifts to patterns of larger and slower waves called _____ waves.

- (a) alpha
- (b) Beta
- (c) Delta
- (d) Spindle

Answer: A

Solution:

46. Perhaps the best known hallucinogen is

(a) Cocaine.

(b) Alcohol.

(c) LSD.

(d) Nicotine.

Answer: C

Solution:

47. Dreams usually

(a) Occur twice nightly.

(b) Last only about five minutes each.

(c) Are about ninety minutes apart with each succeeding dream lasting a little longer.

(d) Are instantaneous, being a flash of visual images.

Answer: C

Solution:

48. Which of the following is a primary characteristic of dream sleep?

(a) Irregular heart rate and blood pressure

(b) Sexual arousal

(c) Increased muscle tension

(d) Rapid eye movements

Answer: D

Solution:

49. Which stage of sleep typically has spindles?

(a) first

(b) Second

(c) Third

(d) fourth

Answer: B

Solution:

50. NREM sleep occurs mainly in

- (a) Stage 2 sleep.
- (b) Stage 3 sleep.
- (c) Stage 4 sleep.
- (d) all of these.

Answer: D

Solution:

51. That there is a need for REM sleep is suggested by

- (a) REM rebound.
- (b) REM tolerance.
- (c) Eye movements accompanying REM sleep.
- (d) Emotional catharsis during REM sleep.

Answer: A

Solution:

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