1. Russell needs more of the drug he has been using to get the normal high he got when he first started. Russell is experiencing _________.
   a. drug tolerance
   b. drug detoxification
   c. withdrawal
   d. overdrawal

2. Each of the following is a sleep disorder EXCEPT _______.
   a. narcolepsy
   b. REM rebound
   c. insomnia
   d. night terrors

3. Melatonin is a _______________.
   a. hormone
   b. sleeping pill
   c. depressant
   d. stimulant

4. All of the following result from sleep deprivation EXCEPT ___________.
   a. droopy eyelids
   b. irritability
   c. hyperalertness
   d. cognitive impairment

5. Interpretation of the ________ content of a dream is expected to reveal the ________ content.
   a. latent; manifest
   b. manifest; latent
   c. manifest; sublimated
   d. metaphorical; denotative

6. A sleep disorder that may require the use of a machine to force air gently into the nasal passages is called _______________.
   a. sleep apnea
   b. insomnia
   c. narcolepsy
   d. cataplexy
7. **Sleep spindles appear during _____ sleep.**
   a. stage 1 (N1)
   b. REM
   c. stage 2 (N2)
   d. stage 4 (N4)

8. **Mental activities that differ noticeably from normal waking consciousness are known as ________.**
   a. hyperconsciousness
   b. unconscious states
   c. relaxed wakefulness
   d. altered states of consciousness

9. Judith is startled when her 6-year-old daughter, Laura, sleepwalks into the family room. It is most likely that Laura is experiencing the _______ stage of the sleep cycle.
   a. REM
   b. first
   c. second
   d. fourth

10. Your friend has experienced excessive daytime sleepiness. He is laughing with you and suddenly falls to the ground. Your friend is probably suffering from ____________.
    a. narcolepsy
    b. parasomnia
    c. REM rebound
    d. sleep apnea

11. **Heroin addiction has been treated with ____________.**
    a. morphine
    b. LSD
    c. methadone
    d. amphetamines

12. **Which of the following statements is true concerning cocaine use in the United States?**
a. During the Civil War, many Confederate soldiers bought cocaine from Union soldiers.
b. At one time, cocaine was an ingredient in Coca-Cola.
c. Cocaine was used by early Greek philosophers.
d. One of the powerful addictive ingredients in cocaine is heroin.

13. **Upon just waking up, you report a vivid visual event. What term do psychologists use for such phenomena?**
   a. hypnotic illusion
   b. positive hallucination
   c. hypnagogic hallucination
   d. hypnopompic image

14. **Morphine and heroin duplicate the action of _____________.**
   a. endorphins
   b. alcohol
   c. cigarettes
   d. LSD

15. **The key to hypnotic induction seems to be related to ______________.**
   a. the gender of the person doing the hypnotizing
   b. education
   c. state of suggestibility
   d. time of day

16. **Which of the following pairs belong together?**
   a. LSD; tetrahydrocannabinol
   b. marijuana; psilocybin
   c. MDMA; acetylcholine
   d. marijuana; tetrahydrocannabinol

17. **Which of the following neurotransmitters are associated with alcohol?**
   a. GABA
   b. acetylcholine
   c. endorphins
   d. adrenalin
18. This early researcher did a study that seemed to suggest that people deprived of REM sleep would become paranoid, seemingly mentally ill, from lack of this one stage of sleep.
   a. Freud
   b. Dement
   c. Jung
   d. James

19. Our awareness of various mental processes, such as making decisions, daydreaming, reflecting, and concentrating, is called ____
   a. consciousness
   b. creativity
   c. intelligence
   d. self-awareness

20. One major danger of barbiturates is ________________.
   a. overstimulation
   b. hyperactivity
   c. drug interaction
   d. sleepwalking
**Test Name:** LAMC Psych 1 Chapter-4 Review Quiz

1. a.drug tolerance  
2. b.REM rebound  
3. a.hormone  
4. c.hyperalertness  
5. b.manifest; latent  
6. a.sleep apnea  
7. c.stage 2 (N2)  
8. d.altered states of consciousness  
9. d.fourth  
10. a.narcolepsy  
11. c.methadone  
12. b.At one time, cocaine was an ingredient in Coca-Cola.  
13. d.hypnopompic image  
14. a.endorphins  
15. c.state of suggestibility  
16. d.marijuana; tetrahydrocannabinol  
17. a.GABA  
18. b.Dement  
19. a.consciousness  
20. c.drug interaction