**States of Consciousness: Psychoactive Drugs**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| A) THC | J) Alcohol | S) Rohypnol & GHB | B2) Injection | K2) MDMA |
| B) Experimentation | K) Cocaine | T) Alcohol Poisoning | C2) LSD | L2) Speedballs |
| C) Peyote | L) Huffing | U) Cough Syrup | D2) Dehydration | M2) Stimulants |
| D) Cold Turkey | M) Speed | V) Mushrooms | E2) Intervention | N2) Crack |
| E) Depressants | N) Ritalin | W) Bad Trip | F2) Hallucinogens | O2) Steroids |
| F) Opium | O) Methamphetamine | X) Drug Cocktail. | G2) Tolerance | P2) Molly |
| G) Drug Psychosis | P) Rock Bottom | Y) Marijuana | H2) Relapse | Q2) Ketamine |
| H) Methadone | Q) Caffeine | Z) Nicotine. | I2) Detox | R2) Codeine |
| I) Bath Salts | R) Fetal Alcohol Syndrome | A2) Vodka and Red Bull | J2) Physical Dependence | S2) Psychological Dependence |

1. Classification of drugs that speed up the central nervous system. \_\_\_\_\_\_

2. Classification of drugs that slow down the central nervous system. \_\_\_\_\_\_

3. Classification of drugs that cause distortions in perception and hallucinations. \_\_\_\_\_\_

4. The chemical name of the psychoactive ingredient in Ecstasy. \_\_\_\_\_\_

4. The chemical name of the psychoactive ingredient in Marijuana. \_\_\_\_\_\_

5. The name of a drug that has been slipped into drinks for the purpose of drugging people. \_\_\_\_\_\_

6. A hallucinogen that comes in small tabs and is created chemically. \_\_\_\_\_\_

7. A hallucinogen that is natural for which the psychoactive ingredient in psilocybin. \_\_\_\_\_\_

8. A natural hallucinogen that is made from the cactus plant. \_\_\_\_\_\_

9. A form of ecstasy that does not contain any stimulants, only the hallucinogenic drug. \_\_\_\_\_\_

10. A stimulant that is given to people who had ADHD in order to help them concentrate. \_\_\_\_\_\_

11. One of the major dangers of taking Ecstasy. \_\_\_\_\_\_

12. A form of cocaine that has been modified to make it into a rock that can be smoked. \_\_\_\_\_\_

13. The plant from which all pain killing opiates are made. \_\_\_\_\_\_

14. A stimulant that is manufactured. It lasts for a long time and causes gum and tooth decay. \_\_\_\_\_\_

15. A depressant that dampens brain activity and impairs judgement. \_\_\_\_\_\_

16. Taking a strong chemical and inhaling it into the lungs in order to achieve a quick high. \_\_\_\_\_\_

17. A meeting in which family and friends set consequences for an addict’s behaviour. \_\_\_\_\_\_

18. The phase of the cycle of addiction where drugs are first tried out. \_\_\_\_\_\_

19. Where an addict is attempting to quit and they temporary revert to their drug taking behavior. \_\_\_\_\_\_

20. An opiate that is used for people attempting to gradually reduce their addiction to heroin. \_\_\_\_\_\_

21. An opiate used for pain killing that can be found in many medications, such as Tylenol. \_\_\_\_\_\_

22. A stimulant that is inhaled directly into the lungs through cigarettes or cigars. \_\_\_\_\_\_

23. The most commonly used psychoactive drug in the world. \_\_\_\_\_\_

24. When an addict requires a drug in order for them to function on a daily basis. \_\_\_\_\_\_

25. When an addict requires a drug in order to avoid going into severe withdrawal. \_\_\_\_\_\_

26. The very bottom of the cycle of an addiction, the addict’s lowest point. \_\_\_\_\_\_

27. The process of the body going through withdrawal and learning to exist without the drug. \_\_\_\_\_\_

28. Mixing heroin and cocaine. \_\_\_\_\_\_

29. Mixing a number of different drugs together to get a combined effect. \_\_\_\_\_\_

30. An addict will eventually become used to a certain level of a drug and must continually increase the amount in order to still get high. \_\_\_\_\_\_

31. A new form of methamphetamine that is very strong and has been linked to violent behavior. \_\_\_\_\_\_

32. A dissociative drug that is also used as an animal tranquilizer. Used as a club drug. \_\_\_\_\_\_

33. When a hallucinogen trip turn bad. The dream turns into a nightmare. \_\_\_\_\_\_

34. Quitting a drug all at once. The addict does not attempt to reduce intake, it is stopped completely. \_\_\_\_\_\_

35. A drink that allows one to stay awake longer and become more intoxicated, linked to violence. \_\_\_\_\_\_

36. A drug that has been shown to have effects on both long and short term memory. \_\_\_\_\_\_

37. A drug that is taken in order to bulk up the body. \_\_\_\_\_\_

38. If you drink too much, your liver does not have time to process the alcohol. \_\_\_\_\_\_

39. The unborn child of a mother that drinks during pregnancy may develop this. \_\_\_\_\_\_

40. The most direct and efficient way of taking a drug. \_\_\_\_\_\_

41. A common, alternate name for methamphetamine. \_\_\_\_\_\_

41. A black tar that can be smoked, unprocessed heroine. \_\_\_\_\_\_

43. One of the main ingredients in methamphetamine, can be bought at a drug store. \_\_\_\_\_\_

44. May result from days of stimulant use and lack of sleep. \_\_\_\_\_\_

45. A stimulant that is made from the leaves of the cocoa plant. \_\_\_\_\_\_

**States of Consciousness: Sleep and Dreams**

1. In what part of the sleep cycle do nightmares generally appear?
2. Our sleep pattern is naturally programmed to follow a 24-hour cycle. What is this called?
3. In which stage of sleep do Delta waves begin?
4. Why shouldn’t we drive when we are sleep deprived?
5. Which is the deepest stage of sleep?
6. Why is our body paralyzed during R.E.M. sleep?
7. How many R.E.M. cycles would we go through if we slept for 8 hours?
8. What is it called when you fall asleep throughout the day?
9. What is it called when you wake up with an intense sense of panic and fear?
10. What does our brain do during R.E.M. sleep?
11. In what part of the sleep cycle might someone imagine that they were being abducted by aliens or having an out of body experience?
12. What is the name of the naturally occurring chemical that has been found to be related to the sleep/wake cycle?
13. Why might lower level animals required less REM sleep than humans?
14. Match the following Theories on Dreaming

|  |  |  |  |
| --- | --- | --- | --- |
| Activation Synthesis | Information Processing | Freudian | Physiological |

A) The brain organizes material from the day for storage.

B) The brain acts out unconscious wishes, desires and fears that our conscious mind can’t deal with

C) The brain is bored and creates stimulation for itself in order to stay in shape.

D) The brain is still getting sensory information (sound, smells, nervous system, etc.) and is trying to make sense of it.