

Quiz 2
Chapters 3-4
STUDY GUIDE

Chapter 3 (Sensation and Perception)

1. **absolute threshold**
2. **subliminal advertising**
3. **cones**
4. **rods**
5. **dark adaptation**
6. **hair cells**
7. **olfaction**
8. **endorphin intoxication**

Chapter 4 (Consciousness)

9. **sensory deprivation**
10. **altered states of consciousness**
11. **just 1 hour** of lost sleep can affect mood, memory, and attention.
12. Often, you can accomplish as much during **one hour** in the morning as you could have in three hours of work after midnight. The two hour difference in efficiency might as well be spent sleeping.
13. **hypnic jerk**
14. **REM** Sleep
15. **night terrors**
16. **sleep apnea**