1.) As you are reading this question, you are probably not thinking about what you ate for lunch. The memory of what you ate for lunch is most likely in your
   A. nonconscious
   B. preconscious
   C. unconsciousness
   D. sensory memory
   E. attention

2.) Traveling in a jet plane from California to New York is most likely to
   A. disrupt your circadian rhythms
   B. prevent the onset of REM sleep
   C. stimulate your parasympathetic nervous system
   D. induce delta brain waves
   E. cause withdrawal symptoms

3.) According to psychodynamic psychologists, the unconscious
   A. processes information of which you are unaware
   B. includes unacceptable feelings, wishes, and thoughts
   C. is characterized by loss of responsiveness to the environment
   D. is synonymous with the preconscious
   E. develops after the ego and superego

4.) Of the following, which does your hypothalamus regulate over the course of 24 hours?
   I. body temperature
   II. Hormonal levels
   III. Memory of the day’s events
   A. I only
   B. II only
   C. III only
   D. I and II only
   E. I, II, and III

5.) “Humans developed a unique waking-sleep cycle that maximized our chances of survival,” is a statement most typical of
   A. Developmental psychologists
   B. Physiological psychologists
   C. Psychoanalysts
   D. Sociologists
   E. Evolutionary psychologists
6.) Which has enabled psychologists to learn the most about sleep processes over the last 50 years?
   A. Psychopharmacology
   B. Lesions
   C. EEGs
   D. CT scans
   E. MRI

7.) Which stage of sleep is characterized by brain waves with spindles and K-complexes?
   A. Stage 1
   B. Stage 2
   C. Stage 3
   D. Stage 4
   E. REM

8.) Nightmares most frequently occur during
   A. Stage 1
   B. Stage 2
   C. Stage 3
   D. Stage 4
   E. REM

9.) During paradoxical sleep, muscles seem paralyzed and
   A. Eyes dart about in various directions
   B. Breathing is slow and shallow
   C. Night terrors are likely
   D. Sleepwalking occurs
   E. The sleeper is easily awakened

10.) After her bridal shower, a young woman dreamed that she was dining with her parents when a young
guy grabbed her wallet containing her driver’s license, credit cards, cash, and family pictures. She
awoke in a cold sweat. After discussing the dream with a friend, she realized she felt anxious about
losing her identity in her approaching marriage. This explanation of her dream represents the
   A. Manifest content
   B. Latent content
   C. Ego
   D. Activation-synthesis theory
   E. Cognitive analysis

11.) Monitoring by the hidden observer during hypnosis provides evidence for
   A. The nonconscious
   B. Activation-synthesis
   C. Dissociation of consciousness
   D. Role playing
   E. Posthypnotic amnesia
12.) Zen Buddhists and others practicing meditation are better able than most other people to stimulate their
   A. Sympathetic nervous systems
   B. Parasympathetic nervous systems
   C. Somatic nervous system
   D. Salivation
   E. Urination

13.) Of the following, which pair of psychoactive drugs shares the most similar effects on the brain?
   A. Alcohol-marijuana
   B. Caffeine-morphine
   C. Nicotine-heroin
   D. Amphetamines-cocaine
   E. Barbiturates-LSD

14.) In small quantities, alcohol can be mistaken for a stimulant because it
   A. Inhibits control of emotions
   B. Stimulates the sympathetic nervous system
   C. Speeds up respiration and heartbeat
   D. Induces sleep
   E. Affects the cerebellum

**Princeton Review**

15.) The brain wave patterns known as “sleep spindles” are most characteristic of which stage of sleep?
   A. Stage 1
   B. Stage 2
   C. Stage 3
   D. Stage 4
   E. REM

16.) Subliminal perception is a form of preconscious processing that occurs when stimuli are presented too rapidly for us to be consciously aware of them. The fact that these stimuli were perceived and processed on some level can be demonstrated by
   A. Immediate recognition of these stimuli
   B. Subtle influence to do or say something that has been presented subliminally
   C. Inability of the stimuli to be subject to the tip-of-the-tongue phenomenon
   D. Greater tendency of these stimuli to be subject to proactive interference
   E. Slower recall of these stimuli in a matched pairs trial

17.) If all external time cues are removed or blocked, the human circadian “free-running” rhythm tends to cycle every
   A. 20 hours
   B. 24 hours
   C. 25 hours
   D. 27 hours
   E. 36 hours
18.) All of the following are differences between nightmares and night terrors EXCEPT
   A. Nightmares typically occur during REM sleep, while night terrors typically occur during other
      sleep stages
   B. Nightmares are often recalled vividly and in detail upon waking, whereas night terrors are not
   C. People are usually relatively still during nightmares, while they may move around quite a lot,
      even sleepwalk, during night terrors
   D. While people may vocalize during nightmares, night terrors are more likely to involve
      screaming, crying, or shouting
   E. Nightmares are generally expressions of the dreamer’s conscious issues, while night terrors
      reflect unconscious concerns

19.) Which of the following is not a member of the class of psychoactive drugs known collectively as
    narcotics?
   A. Codeine
   B. Morphine
   C. Heroin
   D. Opium
   E. Cocaine

Kaplan

20.) Which stage of sleep is also referred to as paradoxical sleep?
   A. Stage 1
   B. Stage 2
   C. Stage 3
   D. Stage 4
   E. REM

21.) Difficulty in falling asleep or staying asleep is called
   A. Sleep apnea
   B. Narcolepsy
   C. Insomnia
   D. Cataplexy
   E. Dichotic listening

22.) Dave has trouble staying asleep because several times during the night, he stops breathing and wakes
    up for a short time. Dave likely suffers from
   A. Sleep apnea
   B. Insomnia
   C. Selective attention
   D. Narcolepsy
   E. Cataplexy

23.) Which of the following is the deepest stage of sleep?
   A. Stage 1
   B. Stage 2
   C. Stage 3
   D. Stage 4
   E. REM
24.) During a typical night, each cycle of sleep lasts
   A. 8 hours  
   B. 1 hour  
   C. 4 hours  
   D. 90 minutes  
   E. 30 minutes

25.) Little Tommy is having trouble sleeping. When he first falls asleep, he goes right out. Almost immediately, however, he wakes up screaming and crying uncontrollably, and his heart is racing. Tommy is probably suffering from
   A. enuresis  
   B. nightmares  
   C. cataplexy  
   D. night terrors  
   E. sleep apnea

26.) During a typical night’s sleep, we go through all the cycles of sleep
   A. Once  
   B. Twice  
   C. 2-3 times  
   D. 4-6 times  
   E. 5-9 times

27.) Lilly is having trouble staying awake during the day. Several times a day, she is overcome with excessive sleepiness—so much so, it is almost impossible for her not to fall asleep. Lilly probably suffers from
   A. Enuresis  
   B. Cataplexy  
   C. Night terrors  
   D. Sleep apnea  
   E. Narcolepsy

28.) A truly automatic task
   A. Uses up most of our available attention  
   B. Allows us to do only one task at a time  
   C. Is beyond the control of the person  
   D. Uses up almost no cognitive resources  
   E. Is possible only under carefully controlled situations

29.) During which stage of sleep do night terrors occur?
   A. Stage 1  
   B. Stage 2  
   C. Stage 3  
   D. Stage 4  
   E. REM

30.) Abby is having a dream. She is probably in which stage of sleep?
   A. Stage 1  
   B. Stage 2  
   C. Stage 3  
   D. Stage 4
31.) Another term for sleepwalking is
   A. Cataplexy
   B. Enuresis
   C. Somnambulism
   D. Narcolepsy
   E. Nightmares

32.) An automatic task
   A. Requires almost no attention to develop
   B. Requires a great deal of practice to develop
   C. Works only in selective attention tasks
   D. Requires one to be asleep
   E. Works better in children than adults

33.) The idea that a person cannot ignore listening to an important piece of information, even thought she is paying attention to something else, is called the
   A. Automaticity effect
   B. Narcoleptic effect
   C. REM sleep effect
   D. Cocktail party effect
   E. Hypnotic effect

34.) Tina is walking down the street. All of a sudden, she loses her muscle control and falls to the ground/ Tina is most likely suffering from
   A. Narcolepsy
   B. Night terrors
   C. Nightmares
   D. Cataplexy
   E. Somnambulism

35.) Which group is most likely to suffer from enuresis
   A. Adult males
   B. Young males
   C. Adult females
   D. Young females
   E. No age or gender difference

36.) The average adult requires _____ hours of sleep per night.
   A. 8 hours
   B. 6 hours
   C. 10 hours
   D. 4 hours
   E. 12 hours
37.) One night, you do not sleep well, or you do not get enough sleep. The next night, you will MOST likely spend longer than usual in
   A. Stage 1
   B. Stage 2
   C. Stage 3
   D. Stage 4
   E. REM

38.) During the night, our body temperature
   A. Drops
   B. Increases
   C. Stays the same
   D. Drops, then increases
   E. Varies dramatically with time of year

39.) During the night, our body temperature
   A. Drops
   B. Increases
   C. Stays the same
   D. Drops, then increases
   E. Varies dramatically with time of year

40.) Tim is having trouble sleeping. When he first fall asleep, he goes right to sleep. However, when he wakes up in the morning, he still feels tired. He can’t figure out why this happens. Tom is probably suffering from
   A. Enuresis
   B. Nightmares
   C. Cataplexy
   D. Night terrors
   E. Sleep apnea

Fast Track to a 5

41.) Susanne is paying close attention to her teacher as he lectures about the history of psychology. Which level is awareness describes Susanne’s attentiveness?
   A. Conscious awareness
   B. Preconscious awareness
   C. Nonconscious awareness
   D. Subliminal awareness
   E. Nocturnal awareness

42.) Carlos’s friend asks Carlos what he ate for dinner last night. Carlos hesitates a few moments and this is able to remember. Which level of awareness describes his ability to remember last night’s dinner?
   A. Conscious awareness
   B. Preconscious awareness
   C. Nonconscious awareness
   D. Subliminal awareness
   E. Nocturnal awareness
43.) Jen is excited to be taking the AP psychology exam. She is fully alert and ready to handle the task at hand. Which waves of brain activity is Jen displaying?
   A. Delta  
   B. Theta  
   C. Beta  
   D. Alpha  
   E. Circadian

44.) REM sleep is characterized by
   A. Delta brain activity and muscle atonia  
   B. Cessation of breathing and heavy snoring  
   C. Muscle atonia and high levels of beta activity in the brain  
   D. Vivid sensory imagery  
   E. Myoclonic jerks displayed by the body

45.) As an individual sleeps throughout the night, which two stages of sleep become longer?
   A. NREM 1 and NREM 2  
   B. NREM 1 and NREM 3  
   C. REM and NREM 2  
   D. REM and NREM 3  
   E. NREM 3 and NREM 4

46.) Jon traveled from Nashville to Los Angeles yesterday. He has had a hard time adapting to the time change. Last night he found it hard to fall asleep and during the day he has had a hard time staying awake. The time change has affected Jon’s
   A. Circadian rhythms  
   B. Memory consolidation  
   C. Adrenal cortex  
   D. Biopsychological timing  
   E. Ultradian rhythms

47.) What hormone, released by the pineal gland, causes a person to become drowsy and tired?
   A. Adrenaline  
   B. Corticosteroid  
   C. Catecholamines  
   D. Melatonin  
   E. Testosterone

48.) The restorative theory of sleep that _____ sleep helps the brain to restore and ________ helps the body to recover.
   A. NREM; REM sleep  
   B. REM; NREM sleep  
   C. REM; REM sleep  
   D. NREM; NREM sleep  
   E. NREM stage 3; NREM stage 4
49.) Jim has reported that he can control his dreams and affect the content of his dreams. This is referred to as
   A. Wishful thinking
   B. NREM sleep
   C. Lucid dreaming
   D. Hallucinogenic dreaming
   E. The Muller-Lyer illusion

50.) Nate has had problems quitting smoking in the past. A friend suggested he has a hypnotist. Nate has a bit reluctant but agreed. After the hypnotic session, the hypnotist told Nate that he would no longer have the urge to smoke. This is referred to as
   A. Posthypnotic suggestion
   B. Posthypnotic amnesia
   C. Suggestion of the mind
   D. Posthypnotic fugue
   E. Social conformity

51.) The role theory of hypnosis states that
   A. A hypnotists produces a “hidden observer” unresponsive to commands
   B. People fall into a deep sleep
   C. Altered states of consciousness are produced
   D. A dissociation is produced and causes multiple streams of consciousness
   E. Hypnotized people are acting in accordance with the socially accepted behavior of what is supposed to be shown during hypnosis

52.) Which of the following characterized by an altered state of consciousness in which the power of suggestion is able to affect behavior?
   A. Shock therapy
   B. Operant conditioning
   C. Token economy
   D. Systematic desensitization
   E. Hypnosis

53.) Ever since Deb quit smoking, she has experienced terrible headaches, nausea, and a tremendous craving for nicotine. Deb is experiencing what kind of symptoms?
   A. Toxic
   B. Withdrawal
   C. Hormonal
   D. Synaptic
   E. Distortion

54.) Depressants depress activity in the central nervous system by causing neural communication to slow down. Which of the following is an example of a depressant?
   A. Heroin
   B. Cocaine
   C. LSD
   D. Alcohol
   E. Caffeine
55.) Sudden sleep attacks at inopportune times best describes
   A. Sleep apnea
   B. Insomnia
   C. Night terrors
   D. Sleepwalking
   E. Narcolepsy

56.) Deep sleep occurs in which stage?
   A. Hypnagogic
   B. REM
   C. Alpha
   D. Stage 1
   E. Delta

57.) Fruit juices, energy drinks, mints, soap, and soda have all been known to contain
   A. Marijuana
   B. Cocaine
   C. Caffeine
   D. Nicotine
   E. Crystal meth

58.) The pineal gland’s role in sleep involves
   A. Activating the suprachiasmatic nucleus
   B. The production of melatonin
   C. The location of hypnagogic images
   D. Remembering dreams upon waking
   E. Emitting alpha waves

59.) Bursts of rapid, rhythmic brain-wave activity while sleeping are called
   A. Hallucinations
   B. Circadian rhythms
   C. Alpha waves
   D. Sleep spindles
   E. Delta waves

60.) Which of the following is least likely to occur as a result of good sleep habits?
   A. Decreased concentration
   B. Better immune system
   C. Strengthened memory
   D. Lower serious accident rate
   E. Decreased obesity

61.) In addition to cocaine and heroin, what drug does the British government consider one of the most dangerous?
   A. Alcohol
   B. Marijuana
   C. Endorphins
   D. Crystal meth
   E. Nicotine
62.) Stress-related disorders, asthma, and headaches have been successfully alleviated using
   A. Hypnosis
   B. Serotonin
   C. Leptin
   D. Melatonin
   E. Tolerance

63.) The three major categories of drugs include depressants, stimulants, and
   A. Hallucinogens
   B. Barbiturates
   C. Amphetamines
   D. Caffeine
   E. Alcohol

64.) Jarod’s muscles are relaxed, his body is basically paralyzed, and he is hard to awaken. His sleep state
   would most likely be called
   A. Sleep apnea
   B. Hypnagogic
   C. Paradoxical
   D. Delta
   E. Sleep deprivation

65.) The brain’s own opiates are called
   A. Barbiturates
   B. Endorphins
   C. Tranquilizers
   D. Nembutal
   E. Seconal

66.) Slowed reactions, slurred speech, and decreased skill performance are associated with abuse of
   A. Nicotine
   B. Methamphetamine
   C. Caffeine’
   D. Alcohol
   E. Ecstasy

67.) What did Ernest Hilgard call a split between different levels of consciousness?
   A. Hypnagogic imagery
   B. REM sleep
   C. Delta waves
   D. Spindles
   E. Dissociation

68.) Awareness of ourselves and our environment best describes
   A. Consciousness
   B. Circadian rhythm
   C. Hallucinations
   D. The biological clock
   E. Hypnotism
69.) The brain’s adaptation to a drug’s chemistry, requiring larger and larger doses to experience the same effect, is called
   A. Withdrawal
   B. Tolerance
   C. Physical dependence
   D. Psychological dependence
   E. Disinhibiting
### KEY

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| 1 | B | 47 | D |
| 2 | A | 48 | B |
| 3 | B | 49 | C |
| 4 | D | 50 | A |
| 5 | E | 51 | E |
| 6 | C | 52 | E |
| 7 | B | 53 | B |
| 8 | E | 54 | D |
| 9 | A | 55 | E |
|10 | B | 56 | E |
|11 | C | 57 | C |
|12 | B | 58 | B |
|13 | D | 59 | D |
|14 | A | 60 | A |
|15 | B | 61 | D |
|16 | B | 62 | A |
|17 | C | 63 | A |
|18 | E | 64 | C |
|19 | E | 65 | B |
|20 | E | 66 | D |
|21 | C | 67 | E |
|22 | A | 68 | A |
|23 | D | 69 | B |
|24 | D |
|25 | D |
|26 | D |
|27 | E |
|28 | D |
|29 | A |
|30 | E |
|31 | C |
|32 | B |
|33 | D |
|34 | D |
|35 | B |
|36 | A |
|37 | E |
|38 | D |
|39 | E |
|40 | A |
|41 | B |
|42 | C |
|43 | D |
|44 | C |
|45 | C |
|46 | A |