

## Module 22: Fact or Falsehood?

**Concept:** Before teaching a module or unit, students may have preconceptions about the material. Preconceptions may be false, which can hinder students from learning the material well.

**Materials:** Handout 22-1

**Instructions:** Distribute Handout 22-1 to students to complete at home or during class.

**Discussion:** The correct answers to Handout 22–1, as shown here, can be confirmed throughout the module.

1. F
2. F
3. F
4. F
5. T
6. T
7. F
8. F
9. T

## Handout 22-1

### Fact or Falsehood?

Read each statement and decide whether you believe it is true or false.

- |   |   |   |
|---|---|---|
| T | F | 1. All psychologists believe that hypnosis is an altered state of consciousness.  |
| T | F | 2. While under hypnosis, people can perform tasks that are otherwise impossible.  |
| T | F | 3. Psychologists who hypnotize patients often have them focus on a watch swinging from a chain while saying, "You are getting very sleepy..." |
| T | F | 4. Hypnosis is a state of deep sleep.   |
| T | F | 5. People who are highly suggestible are most likely to be successfully hypnotized.   |
| T | F | 6. It is more difficult to become hypnotized in front of an audience than in a private, one-on-one session.                                   |
| T | F | 7. While under hypnosis, people can always remember lost childhood memories accurately.   |
| T | F | 8. Courts allow hypnotically refreshed memories as legitimate evidence in trials.   |
| T | F | 9. Hypnosis is most effective in controlling pain.  |

## Module 23

### Student Activity: The Sleep IQ Test

**Concept:** Popular media reports of our nation’s sleep deficit are widespread, and the messages students receive from them are sometimes confusing. The National Sleep Foundation is a nonprofit organization (see [www.sleepfoundation.org](http://www.sleepfoundation.org)) that “promotes public understanding of sleep and sleep disorders and supports sleep-related education, research and advocacy to improve public health and safety.” Its Sleep IQ test was part of the Omnibus Sleep in America poll, a nationally representative telephone survey of 1014 adults that was designed to test the public’s general knowledge about sleep.

**Materials:** Handout 23-1

**Description:** Distribute Handout 23-1 to each student to fill out in class or as homework. Students may also gather at a computer lab to complete the survey online. The survey is short; so, students should be able to complete it easily at the beginning of a class period to allow for discussion afterward.

**Discussion:** This survey can help students identify their misconceptions about sleep. When this survey was given, adults averaged only 5.5 correct answers. This mean was consistent across sex, age, and region of the country. Level of education made a small difference, with those who were not high-school graduates averaging 42 percent correct versus 49 percent correct for those with education beyond a college degree. Here are the answers and brief explanations to present in class:

1. *False.* Although the body rests, the brain remains very active. As the text will indicate, the brain repairs and reorganizes itself and consolidates memories. The activity prepares us for alertness and peak functioning the next day.
2. *True.* Sleep need seems to be biological. Clearly, children need more sleep than adults. Although most adults need eight hours to function at their best, our individual needs seem genetically determined. How does one determine one’s unique sleep need? On a night you are not exhausted, try sleeping until you wake up on your own. If you feel rested, the length of time you slept provides a fairly accurate measure.
3. *False.* When you feel bored, you may notice you are sleepy. However, boredom, like a warm or dark room, does not cause sleepiness. Rather, it merely unmasks it.
4. *True.* Sleep seems as necessary to good health as food and water, because sleep is an active process that contributes to health and alertness. Without it, our body builds up a sleep debt. Rest is no substitute.
5. *False.* Snoring may signal the presence of sleep apnea that can be a life-threatening disorder. Those suffering from sleep apnea snore loudly and awaken repeatedly, gasping for breath. Fortunately, there are effective treatments for this sleep disorder.
6. *True.* Every person dreams every night. There is, of course, great variation in how much of our dreams we remember.
7. *False.* Sleep need remains unchanged throughout adulthood. Although older people may wake more frequently and sleep less, their sleep need is no less than during young adulthood. Sleep difficulties are not a normal consequence of aging, although they are not uncommon.
8. *True.* Researchers have asked thousands of respondents if they are sleepy, only to be told “no” just before the respondents fall asleep. Studies suggest that people are not good judges of whether or why they are sleepy. When driving, one should not assume that he or she can tough it out. If you are sleepy enough, you can fall asleep anywhere.

9. *False.* The only short-term solution is to pull over and take a short nap or have a caffeinated drink. The better solution is prevention. Start out only after a good night's sleep. Loud radios fail to keep sleepy drivers alert (the same can be said of chewing gum and opening windows).
10. *False.* Although stress may be an important reason for occasional insomnia, chronic sleep disorders have diverse causes. For example, sleep apnea is caused by obstruction of the airway during sleep. Narcolepsy, marked by daytime sleepiness and sudden sleep attacks, appears to be genetic. No one yet knows the reasons for restless legs syndrome in which creepy, crawly feelings arise in the legs and are relieved, momentarily, by movement.
11. *True.* We have a circadian, or 24-hour, rhythm. This rhythm, which determines when we feel sleepy and when we feel alert, is set by light and dark cycles. When we travel across time zones, the light and dark cycles change and our circadian rhythm adjusts. For those working a night shift, the light and dark cycle does not change, so the rhythm does not adjust. Regardless, we are most likely to feel sleepy between midnight and 6 A.M. No matter how long you work a night shift, sleeping during the day remains a challenge. Shift workers in particular should avoid caffeine during the last half of the day, block out noise and light at bedtime, and stay away from alcohol and alerting activities before bedtime. (Note: The text chapter seems to leave more room for shift workers making a successful adjustment. For example, it states that, because our natural circadian rhythm may be a 25-hour cycle, shift workers “adapt better to progressively later shifts than to earlier ones.” Moreover, studies of shift workers reveal that the manipulation of light—perhaps even light to the back of the knee—helps reset our biological clocks.)
12. *False.* Sleep disorders do not disappear without treatment. Treatment may be behavioral (for example, avoiding alcohol before bedtime and losing weight for victims of sleep apnea), pharmaceutical, surgical, or some combination thereof. Allowing a sleep disorder to go untreated worsens the quality of life and can lead to accidents and even death.

*Source:* Hellmich, N. (1999, March 22). Effects of skipping sleep can be a real eye-opener. *USA Today*, p. 6D.

## Handout 23-1

### Fact or Falsehood?

Read each statement and decide whether you believe it is true or false.

1. During sleep, your brain rests. T F
2. You cannot learn to function normally with one or two fewer hours of sleep than you need. T F
3. Boredom makes you feel sleepy, even if you have had enough sleep. T F
4. Resting in bed with your eyes closed cannot satisfy your body's need for sleep. T F
5. Snoring is not harmful as long as it doesn't disturb others or wake you up. T F
6. Everyone dreams every night. T F
7. The older you get, the fewer hours of sleep you need. T F
8. Most people don't know when they are sleepy. T F
9. Raising the volume of your radio will help you stay awake while driving. T F
10. Sleep disorders are mainly due to worry or psychological problems. T F
11. The human body never adjusts to night shift work. T F
12. Most sleep disorders go away even without treatment. T F

*Source:* Sleep IQ Quiz. (2007). The National Sleep Foundation. Retrieved November 26, 2007, from [www.sleepfoundation.org/product/sleep-iq-test](http://www.sleepfoundation.org/product/sleep-iq-test).

## Module 24: Fact or Falsehood?

**Concept:** Before teaching a module or unit, students may have preconceptions about the material. Preconceptions may be false, which can hinder students from learning the material well.

**Materials:** Handout 24-1

**Instructions:** Distribute Handout 24-1 to students to complete at home or during class.

**Discussion:** The correct answers to Handout 24–1, as shown here, can be confirmed throughout the module.

1. T
2. T
3. F
4. F
5. T
6. T

## Handout 24-1

### Fact or Falsehood?

Read each statement and decide whether you believe it is true or false.

- |   |   |   |
|---|---|---|
| T | F | 1. When we leave sleep unhindered, most adults will sleep at least 9 hours a night.                   |
| T | F | 2. Sleep deprivation can make you fatter.   |
| T | F | 3. Sleeping pills and alcohol are excellent ways to combat insomnia long-term.                        |
| T | F | 4. It is dangerous to wake up someone who has been sleepwalking.                                      |
| T | F | 5. People do not remember recorded information heard while asleep.                                    |
| T | F | 6. If deprived of REM sleep, people will fall directly into REM sleep the next time they fall asleep. |

## Module 25: Fact or Falsehood?

**Concept:** Before teaching a module or unit, students may have preconceptions about the material. Preconceptions may be false, which can hinder students from learning the material well.

**Materials:** Handout 25-1

**Instructions:** Distribute Handout 25-1 to students to complete at home or during class.

**Discussion:** The correct answers to Handout 25–1, as shown here, can be confirmed throughout the module.

1. T
2. F
3. T
4. T
5. T
6. F



## Handout 25-1

### Fact or Falsehood?

Read each statement and decide whether you believe it is true or false.

- |   |   |  |
|---|---|--|
| T | F | 1. A drug's effect is not only determined by the physical effects, but also by a person's expectations of how it will affect them.             |
| T | F | 2. In small amounts, alcohol is a stimulant, causing people to act out in public.  |
| T | F | 3. If you experience headaches and irritability when you do not consume caffeine, you are likely addicted to it.                               |
| T | F | 4. The original recipe for Coca Cola included an extract from the coca plant, which is the origin of the drug cocaine.                         |
| T | F | 5. Whether provoked to hallucinate by drugs, loss of oxygen, or extreme sensory deprivation, the brain hallucinates in basically the same way. |
| T | F | 6. THC and other byproducts of marijuana are usually metabolized from the body in as little as 5 hours.  |