	-
I'm not robot	
	reCAPTCHA

Continue

```
A psychology textbook that you'll actually want to read! Psychology: A Journey, 5th edition, (PDF) is for sure to spark your imagination, curiosity, insight, and interest. Using the proven SQ4R (Survey, Question, Read, Recite, Reflect, and Review) active learning system to assist you to study smarter, Coon leads you to an understanding of major concepts
together with how psychology associates to the challenges of everyday life. Every chapter of this ebook takes you into a different realm of psychology, such as memory, consciousness, personality, abnormal behavior, and human development. Every realm is fascinating and complex, with many pathways, detours and landmarks to discover. Take the journey
and find yourself becoming actively involved with the material as you develop a fundamental understanding of psychology: A Journey 5e Testbank or other sources. NOTE: This product only includes the ebook, Psychology A Journey, 5th edition in
PDF. No access codes are included. Home Shop Blog My account About Us F.A.Qs Request Book/Contact Home»Shop»Non Fiction»Psychology: A Journey (5th Edition) – eBook $110.00 $20.00 $81.20 $17.00 Chapter 3: Human Development MULTIPLE CHOICE Developmental
psychology is the study of a. the language, personality, and emotions of children and adolescents. b. the stages of life and the important tasks of each. c. progressive changes in behavior and abilities from conception to death. d. the role of maturation in the unfolding of human potential. ANS: C
                                                                                                                                                                                                                                                                                                               DIF: Moderate REF: Nature
and Nurture-It Takes Two to Tango
                                                  OBJ: 3.1.1 KEY: Fact Dianne is a psychologist who is interested in the progressive changes that people show in their behavior and abilities from conception to death. Dianne is most likely a
                                                                                                                                                                                                                                               psychologist. a. social b. behavioral c. comparative d. developmental ANS: D
            DIF: Moderate REF: Nature and Nurture-It Takes Two to Tango
                                                                                            OBJ: 3.1.1 KEY: Application Developmental psychologists are interested in changes in behavior that occur from a. conception to death (the womb to the tomb). b. birth to adolescence (infant to teen). c. birth to adulthood (child to grown-up). d. conception to
senescence. ANS: A
                                                  DIF: Moderate REF: Nature and Nurture-It Takes Two to Tango
                                                                                                                                  OBJ: 3.1.1 KEY: Fact Achieving sexual maturity is mostly governed by a. nurture. b. nature. c. the environment. d. evolutionary senescence. ANS: B
and Nurture-It Takes Two to Tango
                                                  OBJ: 3.1.1 KEY: Concept MSC: * (New Question) Learning to dance or to use a computer is primarily a matter of a. nurture. b. nature. c. heredity. d. maturation. ANS: A
                                                                                                                                                                                                                                 PTS: 1
                                                                                                                                                                                                                                                     DIF: Moderate REF: Nature and Nurture-It Takes Two to Tango
3.1.1 KEY: Concept
                        MSC: * (New Question) The importance of heredity stems from the fact that it a. is not subject to environmental influences. b. determines the overall health of the organism. c. sets the limits of development by providing a framework of potentials and limitations. d. is more fragile than the environment and, consequently, can be more
changeable. ANS: C
                                                  DIF: Moderate REF: Nature and Nurture-It Takes Two to Tango
                                                                                                                                 OBJ: 3.1.1 KEY: Concept MSC: * (New Question) Psychologists generally resolve the nature-nurture debate by agreeing that a. heredity and environment are interacting and inseparable factors in development.
b. heredity is more important because it precedes the effects of experience. c. environment is more important because most behaviors of interest to psychologists are learned. ANS: A
                                                                                                                                                                                                                                                                                             DIF: Moderate REF: Nature and Nurture-It
Takes Two to Tango
                                     OBJ: 3.1.1 KEY: Concept According to the text, what conclusion can be drawn in the nature-nurture debate? a. Heredity is the most important because influences, such as learning, nutrition, disease, and
culture affect our ability to develop to our potential. c. It is the interaction between heredity and environment that is important in determining who we become. d. Neither heredity nor environment is important; only our own behavior determines who we are. ANS: C
                                                                                                                                                                                                                                                                                 DIF: Moderate REF: Nature and Nurture-It Takes Two to
                        OBJ: 3.1.1 KEY: Concept The fact that identical twins are less alike as adults than they were as children shows which of the following at work? a. pubescent influences b. senescent influences c. polygenic influences d. environmental influences ANS: D
                                                                                                                                                                                                                                                                               PTS: 1
                                                                                                                                                                                                                                                                                                  DIF: Moderate REF: Nature and Nurture-It
Tango
Takes Two to Tango
                                     OBJ: 3.1.1 KEY: Concept MSC: * (New Question) The genetic transmission of physical and psychological characteristics from parents to offspring is known as a. development. b. heredity. c. nurture. d. maturation. ANS: B
                                                                                                                                                                                                                                                                     PTS: 1
                                                                                                                                                                                                                                                                                        DIF: Easy REF: Nature and Nurture-It Takes Two to
Tango
                       OBJ: 3.1.2 KEY: Fact When psychologists attribute development to nature, they are referring to the effects of a. mother/infant bonding. b. heredity and genetics. c. environmental influences. d. evolutionary selection. ANS: B
                                                                                                                                                                                                                                                    PTS: 1
                                                                                                                                                                                                                                                                       DIF: Moderate REF: Nature and Nurture-It Takes Two to
Tango
                       OBJ: 3.1.2 KEY: Fact The uniting of the egg and sperm is referred to as a. development. b. transformation. c. conception. d. developmental sequencing. ANS: C
                                                                                                                                                                                           PTS: 1
                                                                                                                                                                                                              DIF: Easy REF: Nature and Nurture-It Takes Two to Tango
                                                                                                                                                                                                                                                                                          OBJ: 3.1.2 KEY: Fact Conception occurs when the
a. egg is released from the ovary. b. egg and sperm unite. c. fertilized egg makes its first division. d. embryo implants into the uterine lining. ANS: B
                                                                                                                                                    PTS: 1
                                                                                                                                                                       DIF: Easy REF: Nature and Nurture-It Takes Two to Tango
                                                                                                                                                                                                                                                   OBJ: 3.1.2 KEY: Fact The long, ladder-like chains of chemical molecules that act as a code
for genetic information are known as a. DNA. b. gametes. c. ribosomes. d. neurilemmas. ANS: A
                                                                                                     PTS: 1
                                                                                                                        DIF: Easy REF: Nature and Nurture-It Takes Two to Tango
                                                                                                                                                                                                    OBJ: 3.1.2 KEY: Fact Which of the following is found in the nucleus of every human cell and contains a record of all the instructions needed to
make a human? a. DNA b. MSG c. myelin d. neurilemma ANS: A
                                                                                           DIF: Easy REF: Nature and Nurture-It Takes Two to Tango
                                                                                                                                                                       OBJ: 3.1.2 KEY: Fact
                                                                                                                                                                                                      MSC: * (New Question) The code for genetic information consists of a. the sperm and ovum. b. the presence of neurotransmitters, especially
acetylcholine. c. the order of the molecules making up DNA. d. molecular ganglia. ANS: C
                                                                                               PTS: 1
                                                                                                                  DIF: Moderate REF: Nature and Nurture-It Takes Two to Tango
                                                                                                                                                                                                  OBJ: 3.1.2 KEY: Concept The chemical molecules making up DNA are a. organic acids. b. organic bases. c. ribosomes. d. molecular ganglia.
                                     DIF: Moderate REF: Nature and Nurture-It Takes Two to Tango
                                                                                                                      OBJ: 3.1.2 KEY: Fact In 2003, a major scientific milestone was reached with the completion of the entire sequencing of three billion chemical base pairs of human DNA. This project was known as the
Manhattan b. Nature-Nurture c. Human Genome d. Polygenic Mapping ANS: C
                                                                                     PTS: 1
                                                                                                        DIF: Easy REF: Nature and Nurture-It Takes Two to Tango
                                                                                                                                                                                    OBJ: 3.1.2 KEY: Fact Within the nucleus of every human cell are 46 thread-like structures that hold the coded instructions of heredity. These 46 structures are
called a. gametes. b. DNA organic acids. c. chromosomes. d. genes. ANS: C
                                                                                   PTS: 1
                                                                                                      DIF: Easy REF: Nature and Nurture-It Takes Two to Tango
                                                                                                                                                                                  OBJ: 3.1.2 KEY: Fact Which of the following words means "colored body"? a. gene b. chromosome c. zygote d. gamete ANS: B
                                                                                                                                                                                                                                                                                                                       PTS: 1
DIF: Easy REF: Nature and Nurture-It Takes Two to Tango
                                                                           OBJ: 3.1.2 KEY: Fact
                                                                                                          MSC: * (New Question) In the nucleus of every human cell, except for the sperm and ova, are
                                                                                                                                                                                                               chromosomes. ANS: C
                                                                                                                                                                                                                                                 PTS: 1
                                                                                                                                                                                                                                                                    DIF: Moderate REF: Nature and Nurture-It Takes Two to
                       OBJ: 3.1.2 KEY: Fact Within the nucleus of each sperm and each ovum, there are
                                                                                                                   chromosomes. ANS: A
                                                                                                                                                    PTS: 1
                                                                                                                                                                       DIF: Moderate REF: Nature and Nurture-It Takes Two to Tango
                                                                                                                                                                                                                                                       OBJ: 3.1.2 KEY: Fact Specific areas on a strand of DNA that carry hereditary information
are called a. myelins. b. genes. c. neurilemmas. d. ribosomes. ANS: B
                                                                                                DIF: Easy REF: Nature and Nurture-It Takes Two to Tango
                                                                                                                                                                           OBJ: 3.1.2 KEY: Fact
                                                                                                                                                                                                           MSC: * (New Question) Chromosomes are made up of a. zygotes. b. gametes. c. genes. d. phenotypes. ANS: C
            DIF: Easy REF: Nature and Nurture-It Takes Two to Tango
                                                                                        OBJ: 3.1.2 KEY: Fact The part of a chromosome that contains instructions that affect a particular process or personal characteristic is called a(n) a. isotope. b. gene. c. soma. d. autosome. ANS: B
                                                                                                                                                                                                                                                                                                               DIF: Easy REF: Nature and
                                                                                                                                                           gene. a. recessive b. dominant c. polygenic d. sex-linked ANS: B
                                                                                                                                                                                                                                                              DIF: Moderate REF: Nature and Nurture-It Takes Two to
                                              OBJ: 3.1.2 KEY: Fact A gene whose influence will be expressed each time the gene is present is known as a
                                                                                                                                                                                                                                          PTS: 1
Nurture-It Takes Two to Tango
                                                                                                                                                                    gene. a. recessive b. dominant c. polygenic d. gender-linked ANS: A
                                                                                                                                                                                                                                                 PTS: 1
                                                                                                                                                                                                                                                                     DIF: Moderate REF: Nature and Nurture-It Takes Two to
                       OBJ: 3.1.2 KEY: Fact A gene whose influence will be expressed only when it is paired with a second gene of the same type is known as a ______
Tango
                       OBJ: 3.1.2 KEY: Fact Which combination could produce a blue-eyed child? a. The father is blue-eyed, and the mother is brown-eyed. c. Both father and mother are brown-eyed. d. Each of these could produce a blue-eyed child. ANS: D
Tango
DIF: Difficult REF: Nature and Nurture-It Takes Two to Tango
                                                                             OBJ: 3.1.2 KEY: Application Bruce has a dominant gene for brown eyes and a recessive gene for blue eyes. Bruce's eye color would be a. green b. brown c. blue d. impossible to predict ANS: B
                                                                                                                                                                                                                                                                               PTS: 1
                                                                                                                                                                                                                                                                                                  DIF: Difficult REF: Nature and Nurture-It
                                    OBJ: 3.1.2 KEY: Application Morgan has albinism, a recessive condition resulting in a lack of skin pigment. If neither of Morgan develop this condition from each parent. b. Morgan received a recessive gene for the
condition from each parent. c. Morgan received two dominant genes for the condition from one of her parents. d. Morgan received two recessive genes for the condition from one of her parents. ANS: B
                                                                                                                                                                                                     PTS: 1
                                                                                                                                                                                                                        DIF: Difficult REF: Nature and Nurture-It Takes Two to Tango
                                                                                                                                                                                                                                                                                                       OBJ: 3.1.2 KEY: Application Both
parents carry one recessive gene for sickle cell anemia, but they do not have sickle cell anemia? a. one chance in two b. one chance in three c. one chance in four d. no chance (zero out of four) ANS: C
                                                                                                                                                                                                                                                                                                  DIF: Difficult REF: Nature and Nurture-It
Takes Two to Tango
                                     OBJ: 3.1.2 KEY: Application James has one brown-eye gene and one blue-eye gene. What is the chance that their child could have blue eyes? a. one chance in two b. one chance in three c. one chance in four d. no chance (zero out of four)
ANS: C
                                      DIF: Difficult REF: Nature and Nurture-It Takes Two to Tango
                                                                                                                   OBJ: 3.1.2 KEY: Application Traits that are determined by many genes working in combination are called
                                                                                                                                                                                                                                   characteristics. a. dominant b. recessive c. polymorphic d. polygenic ANS: D
DIF: Moderate REF: Nature and Nurture-It Takes Two to Tango
                                                                               OBJ: 3.1.2 KEY: Fact One's skin color is controlled by the expression of many genes working together in combination. Thus, skin color is a
                                                                                                                                                                                                                               characteristic. a. dominant b. recessive c. polygenic d. sex-linked ANS: C
                                                                                                                                                                                                                                                                                                               PTS: 1
Moderate REF: Nature and Nurture-It Takes Two to Tango
                                                                         OBJ: 3.1.2 KEY: Concept How many genes have been shown to play a role in determining one's height? a. only two b. four c. approximately 10 d. almost 200 ANS: D
                                                                                                                                                                                                                                                 PTS: 1
                                                                                                                                                                                                                                                                    DIF: Moderate REF: Nature and Nurture-It Takes Two to
                                                       MSC: * (New Question) Regarding the mechanisms of heredity, which of the following statements is FALSE? a. Most of our characteristics are controlled by single genes. b. Through the expression of genes, heredity determines eye color, skin color, and susceptibility to some diseases. c. Genes
can switch on or off at certain ages or developmental stages. d. Genetic instructions influence intelligence, personality traits, and sexual orientation. ANS: A
                                                                                                                                                            PTS: 1
                                                                                                                                                                               DIF: Moderate REF: Nature and Nurture-It Takes Two to Tango
                                                                                                                                                                                                                                                               OBJ: 3.1.2 KEY: Concept The overall pattern of physical development from
conception to death is known as the a. human growth sequence. b. senescence pattern. c. adaptation sequence. d. zone of proximal development. ANS: A
                                                                                                                                                           PTS: 1
                                                                                                                                                                              DIF: Moderate REF: Nature and Nurture-It Takes Two to Tango
                                                                                                                                                                                                                                                              OBJ: 3.1.2 KEY: Fact The broad outlines of the human growth sequence are
virtually universal. This fact is evidence of the effect of which of the following on development? a. heredity b. temperament c. environment d. motor primacy ANS: A
                                                                                                                                                                  PTS: 1
                                                                                                                                                                                      DIF: Moderate REF: Nature and Nurture-It Takes Two to Tango
                                                                                                                                                                                                                                                                      OBJ: 3.1.2 KEY: Concept When an individual develops from a zygote to
an embryo to a fetus to a neonate and so on until one's death, this overall pattern of physical development is known as the a. human growth sequence. b. senescence pattern. c. adaptation sequence. d. zone of proximal development. ANS: A
                                                                                                                                                                                                                                            PTS: 1
                                                                                                                                                                                                                                                               DIF: Moderate REF: Nature and Nurture-It Takes Two to
                       OBJ: 3.1.2 KEY: Concept In the human growth sequence, the germinal, embryonic, and fetal periods make up the
                                                                                                                                               period. a. prenatal b. neonatal c. postnatal d. senescence ANS: A
                                                                                                                                                                                                                         PTS: 1
                                                                                                                                                                                                                                            DIF: Easy REF: Nature and Nurture-It Takes Two to Tango
Fact In the human growth sequence, which of the following is a CORRECT match between the period and age range? a. embryonic——-first two weeks after conception b. neonatal——-from birth to a few weeks after birth ANS: C
                   DIF: Moderate REF: Nature and Nurture-It Takes Two to Tango
                                                                                                  OBJ: 3.1.2 KEY: Fact
                                                                                                                                  MSC: * (New Question) In the human growth sequence, the period from a few weeks after birth until the child is walking securely would be known as a. the fetal period. b. the neonatal period. c. infancy. d. toddlerhood.
ANS: C
                   PTS: 1
                                      DIF: Moderate REF: Nature and Nurture-It Takes Two to Tango
                                                                                                                      OBJ: 3.1.2 KEY: Fact
                                                                                                                                                      MSC: * (New Question) In the human growth sequence, a child who is between the ages of 15 to 18 months and two to two and half years old would be a. in the pubescence period. b. in the
                                                                                                           DIF: Moderate REF: Nature and Nurture-It Takes Two to Tango
senescence period ic referred to as a peopate id referred to as a toddler ANS: D
                                                                                                                                                                                           OBJ: 3.1.2 KEY: Fact
                                                                                                                                                                                                                                  (New Question) Carol is seven years old, and her brother is 10 years old. According to the human growth
                                                                                       PIS: 1
                                                                                                                                                                DIF: Easy REF: Nature and Nurture-It Takes Two to Tango
sequence, Carol and her brother are in the period known as a. early childhood. b. middle childhood. c. pubescence. d. senescence. ANS: B
                                                                                                                                            PTS: 1
                                                                                                                                                                                                                                            OBJ: 3.1.2 KEY: Application MSC: * (New Question) In the human growth sequence, an extremely
                                                                                                                                                                                                                DIF: Moderate REF: Nature and Nurture-It Takes Two to Tango
variable period that is characterized by marked physiological and psychological deterioration is known as a. the neonatal period. b. the germinal period. c. pubescence. d. senescence. ANS: D
                                                                                                                                                                                                                                                                                                OBJ: 3.1.2 KEY: Fact The physical growth
and development of the body, brain, and nervous system is called a. readiness. b. maturation. c. mobility. d. heredity. ANS: B
                                                                                                                              PTS: 1
                                                                                                                                                  DIF: Easy REF: Nature and Nurture-It Takes Two to Tango
                                                                                                                                                                                                                              OBJ: 3.1.3 KEY: Fact Maturation is defined as the a. physical growth and development of the body, brain, and
nervous system. b. organism's ability to adapt to changing conditions. c. sum of all the external conditions affecting development. d. transmission of physical and psychological characteristics from parent to offspring. ANS: A
                                                                                                                                                                                                                          PTS: 1
                                                                                                                                                                                                                                             DIF: Moderate REF: Nature and Nurture-It Takes Two to Tango
KEY: Fact Lance is a newborn infant. During the first weeks following birth, Lance would be referred to as a(n) a. embryo. b. neonate. c. zygote. d. fetus. ANS: B
                                                                                                                                                                                                                                                                OBJ: 3.1.3 KEY: Application MSC: * (New Question) Regarding the
                                                                                                                                                                                    DIF: Easy REF: Nature and Nurture-It Takes Two to Tango
                                                                                                                                                                                                                                                                    DIF: Moderate REF: Nature and Nurture-It Takes Two to
capabilities of the neonate, which of the following statements is/are TRUE? a. Neonates can lift their heads. b. Neonates are born with some basic survival skills. d. Neonates are characterized by all of these skills. ANS: C
                                                       MSC: * (New Question) In the development of motor skills, such as sitting, standing, and walking, the major force guiding the emergence of these skills seems to be a. assimilation. b. scaffolding. c. learning. d. maturation. ANS: D
                                                                                                                                                                                                                                                                                                          DIF: Moderate REF: Nature and
                                              OBJ: 3.1.3 KEY: Concept The orderly sequence in the development of motor abilities from crawling to walking is a result of a. cultural influences, b. maturation, c. attachment or bonding, d. imitation or modeling, ANS: B
                                                                                                                                                                                                                                                                                          DIF: Easy REF: Nature and Nurture-It Takes Two
                         OBJ: 3.1.3 KEY: Fact Regarding the rate and order of maturation, which of the following statements is TRUE? a. Rate varies but order vary. c. Rate and order are invariant. d. Rate is almost universal but order varies. ANS: A
Nature and Nurture-It Takes Two to Tango
                                                         OBJ: 3.1.3 KEY: Concept If you were to observe the development of psychomotor abilities in infants across cultures, you would find the most similarities in the a. ages at which each ability appears. b. child-rearing practices used to foster development. c. sequence in which abilities appear. d.
                                                                                                 DIF: Moderate REF: Nature and Nurture-It Takes Two to Tango
                                                                                                                                                                                  OBJ: 3.1.3 KEY: Concept Samantha went from sitting to standing to walking and never crawled. Her motor development would be a. considered still orderly. b.
relationship between intellectual and psychomotor development. ANS: C
                                                                              PTS: 1
described as an abnormal cephalocaudal development. c. described as an abnormal proximodistal development. d. out of sequence due to excessive training by the parents. ANS: A
                                                                                                                                                                                   PTS: 1
                                                                                                                                                                                                       DIF: Difficult REF: Nature and Nurture-It Takes Two to Tango
                                                                                                                                                                                                                                                                                     OBJ: 3.1.3 KEY: Application MSC: * (New Question)
a, the center of the body to the extremities, b, the past to the future, c, the head to the toes, d, birth to death, ANS: C
                                                                                                                                           DIF: Easy REF: Nature and Nurture-It Takes Two to Tango
                                                                                                                                                                                                                       OBJ: 3.1.3 KEY: Fact a. the center of the body to the extremities. b. the past to the future. c. the head to the toes. d. birth to
                                                                                                                       PTS: 1
                                           DIF: Easy REF: Nature and Nurture-It Takes Two to Tango
                                                                                                                        OBJ: 3.1.3 KEY: Fact Betsy notices that her infant's muscular control appears to spread in a pattern from the center of his body to his extremities. This pattern she observed is referred to as a. proximodistal. b. cephalocaudal.
                                                                                      DIF: Moderate REF: Nature and Nurture-It Takes Two to Tango
c. the zone of proximal development. d. scaffolding. ANS: A
                                                                   PTS: 1
                                                                                                                                                                     OBJ: 3.1.3 KEY: Application MSC: * (New Question) Muscular control spreads in a pattern from head to toe, according to the a. zone of proximal development. b. adaptive
gradient, c. cephalocaudal pattern, d. proximodistal pattern, ANS: C
                                                                                             DIF: Easy REF: Nature and Nurture-It Takes Two to Tango
                                                                                                                                                                        OBJ: 3.1.3 KEY: Fact Amy lifts her head, then learns to crawl, then to walk with the development progressing from her head to her feet. This progression illustrates a, the
                                                                                                                                                                                                  OBJ: 3.1.3 KEY: Application Gabe, at first, holds the beach ball by pulling the ball to his body with his arms. With increasing age, he begins to hold
cephalocaudal pattern, b. the proximodistal pattern, c. habituation, d. assimilation, ANS: A
                                                                                              PTS: 1
                                                                                                                  DIF: Moderate REF: Nature and Nurture-It Takes Two to Tango
the ball with his hands and later with his fingertips. This progression of development illustrates a. the cephalocaudal pattern. b. the proximodistal pattern. c. habituation. d. assimilation. ANS: B
                                                                                                                                                                                                               DIF: Moderate REF: Nature and Nurture-It Takes Two to Tango
                                                                                                                                                                                            PTS: 1
                                                                                                                                                                                                                                                                                               OBJ: 3.1.3 KEY: Application Regarding the
motor skills of babies, which of the following statements is TRUE? a. Motor skills simply emerge at the appropriate developmental ages. b. Behaviors in infants are sudden and dramatic; one day, they are sitting without support, and the next day they are standing holding on to the furniture. c. Babies tend to tune their motor skills over time, making their
                                                                                                                                      DIF: Moderate REF: Nature and Nurture-It Takes Two to Tango
movements smoother and more effective. d. Maturation is the only factor behind developing motor skills. ANS: C
                                                                                                                   PTS: 1
                                                                                                                                                                                                                       OBJ: 3.1.3 KEY: Concept Regarding the motor skills of babies, which of the following statements is FALSE? a. It is not
unusual for many of the motor skills to appear one to two months earlier than average or several months later. b. The order of maturation of motor skills is almost universal. c. Babies tend to tune their motor skills over time, making their movements smoother and more effective. d. Babies who substitute rolling, creeping, or shuffling for crawling are considered
                                                                   DIF: Moderate REF: Nature and Nurture-It Takes Two to Tango
to be developmentally delayed. ANS: D
                                                PTS: 1
                                                                                                                                                   OBJ: 3.1.3 KEY: Concept Psychologist Carolyn Rovee-Collier placed babies on their backs under a colorful crib mobile and tied a ribbon around the baby's ankle, connecting it to the mobile.
Whenever the babies spontaneously kicked their legs, the mobile jingled and rattled. Within minutes, infants as young as what age learned to control their movements and kick faster to move the mobile more? a. three months b. six months c. nine months d. 12 months ANS: A
                                                                                                                                                                                                                                                                                             DIF: Moderate REF: Nature and Nurture-It
                                    OBJ: 3.1.3 KEY: Fact The grasping, rooting, and sucking reflexes of infants are best described as a. fixed action patterns. b. instincts. c. conditioned reflexes. d. adaptive reflexes. ANS: D
                                                                                                                                                                                                                                PTS: 1
                                                                                                                                                                                                                                                   DIF: Moderate REF: Nature and Nurture-It Takes Two to Tango
3.1.4 KEY: Fact Bobby touches his newborn brother's palm and his little brother takes hold of Bobby's finger and will not let go. This is known as the ______ reflex. a. grasping b. rooting c. Babinski d. Moro ANS: A
                                                                                                                                                                                                                                         DIF: Easy REF: Nature and Nurture-It Takes Two to Tango
                                                                                                                                                                                                                      PTS: 1
Application Which of the following is an adaptive infant reflex that is elicited by pressing an object into the neonate's palm and aids the neonate's survival by helping him or her to avoid falling? a. Moro reflex b. rooting reflex c. Babinski reflex d. grasping reflex ANS: D
                                                                                                                                                                                                                                                                                     DIF: Easy REF: Nature and Nurture-It Takes Two to
                                                                                                                                                                                                                                                                  PTS: 1
                                                      MSC: * (New Question) Regarding the grasping reflex, which of the following statements is FALSE? a. The grasping reflex aids survival by helping infants avoid falling. c. The grasping reflex is elicited for the first time as a baby attempts
                                                                                                                                                                                                                                                      OBJ: 3.1.4 KEY: Concept MSC: * (New Question) If touched on the cheek,
to stand by holding onto objects. d. The grasping reflex can be so strong that many infants can hang from a raised bar, like little trapeze artists. ANS: C
                                                                                                                                                                          DIF: Easy REF: Nature and Nurture-It Takes Two to Tango
                                                                                                                                                                                                                                                        OBJ: 3.1.4 KEY: Fact Which of the following reflexes are most related to feeding? a.
neonates will turn their head in that direction. This is called the a. Moro reflex. b. rooting reflex. c. orientation response. d. Babinski response. ANS: B
                                                                                                                                                                         DIF: Moderate REF: Nature and Nurture-It Takes Two to Tango
                                                                                                                                                                                                                                 OBJ: 3.1.4 KEY: Fact Which reflex helps a baby find a bottle nipple or breast? a. rooting b. Babinski c. grasping
Moro and rooting reflexes b. rooting and sucking reflexes c. Moro and sucking reflexes d. Babinski and orienting reflexes ANS: B
                                                                                                                                   PTS: 1
                                                                                                                                                      DIF: Easy REF: Nature and Nurture-It Takes Two to Tango
                                                                                                                         OBJ: 3.1.4 KEY: Fact When a nipple touches the infant's mouth, rhythmic nursing occurs. This is known as the
                                             DIF: Easy REF: Nature and Nurture-It Takes Two to Tango
                                                                                                                                                                                                                                             reflex. a. rooting b. sucking c. grasping d. Moro ANS: B
Easy REF: Nature and Nurture-It Takes Two to Tango
                                                                     OBJ: 3.1.4 KEY: Fact When a nipple touches the infant's mouth, the sucking reflex helps the infant obtain needed food. Like other reflexes, this is a(n)
                                                                                                                                                                                                                            action. a. completely learned b. teratogenic c. transformational d. genetically programmed ANS: D
                                                                                            OBJ: 3.1.4 KEY: Concept MSC: * (New Question) If an infant is startled by a loud sound or if his or her position is abruptly changed, the infant will make movements similar to an embrace. This is called the
            DIF: Moderate REF: Nature and Nurture-It Takes Two to Tango
                                                                                                                                                                                                                                                                                                              reflex. a. grasping b. rooting c.
Babinski d. Moro ANS: D
                                                      DIF: Moderate REF: Nature and Nurture-It Takes Two to Tango
                                                                                                                                      OBJ: 3.1.4 KEY: Concept The Moro reflex occurs when the a. baby is rooting or nursing. b. bottom of a baby's foot is stroked. c. baby is startled. d. baby is held under his or her arms as if standing. ANS:
                                                                                                               OBJ: 3.1.4 KEY: Fact
                                                                                                                                               MSC: * (New Question) Jeremy is an infant, who is sitting in his high chair, when his big brother runs into the kitchen from the backvard and slams the door. Little Jeremy reacts to this loud noise by
                                DIF: Moderate REF: Nature and Nurture-It Takes Two to Tango
throwing his arms out into a hugging motion. Little Jeremy's reaction illustrates a. the Moro reflex. b. the Babinski reflex. c. an insecure ambivalent attachment to his brother. d. a secure attachment to his brother. ANS: A
                                                                                                                                                                                                                      PTS: 1
                                                                                                                                                                                                                                         DIF: Moderate REF: Nature and Nurture-It Takes Two to Tango
Application Regarding sensory capabilities of the neonate, which of the following statements is FALSE? a. Although their senses are less acute, neonates are very responsive. b. Neonates are very responsive. b. Neonates are unable to follow a moving object with their
                                                                                                                           OBJ: 3.1.5 KEY: Fact
                                          DIF: Moderate REF: Nature and Nurture-It Takes Two to Tango
                                                                                                                                                          MSC: * (New Question) Which of the following devices was invented by Robert Fantz and allows researchers to observe the movements of an infants' eyes in order to determine what infants
can see and what holds their attention? a. looking chamber b. perceptual box c. infant perception theater d. visual stimuli and response chamber ANS: A
                                                                                                                                                         PTS: 1
                                                                                                                                                                            DIF: Moderate REF: Nature and Nurture-It Takes Two to Tango
                                                                                                                                                                                                                                                            OBJ: 3.1.5 KEY: Fact The looking chamber, which is a device used in visual
                                                                                                                                                                                                                                             OBJ: 3.1.5 KEY: Fact
perception research conducted with infants, was invented by a. B. F. Skinner. b. Robert Fantz. c. Jerome Kagan. d. Jean Piaget. ANS: B
                                                                                                                                          PTS: 1
                                                                                                                                                            DIF: Moderate REF: Nature and Nurture-It Takes Two to Tango
                                                                                                                                                                                                                                                                            MSC: * (New Question) Regarding the visual capabilities of the
neonate, which of the following statements is FALSE? a. From birth, neonates are able to follow a moving object with their eyes. b. A neonate's vision is just as sharp as that of adults. c. Just hours after they are born, babies begin to prefer seeing their mother's face rather than a stranger's. d. Three-day-old babies prefer looking at complex patterns, such as
                                                                                              DIF: Moderate REF: Nature and Nurture-It Takes Two to Tango
checkerboards and bull's-eyes, to simpler colored rectangles. ANS: B
                                                                       PTS: 1
                                                                                                                                                                              OBJ: 3.1.5 KEY: Fact
                                                                                                                                                                                                              MSC: * (New Question) Regarding the visual capabilities of the neonate, which of the following statements is FALSE? a. Neonates can
most clearly see objects about a foot away from them. b. Just hours after they are born, babies begin to prefer seeing their mother's face rather than a stranger's. c. When babies are only two to five days old, they will pay more attention to a person who is gazing directly at them, rather than one who is looking away. d. Three-day-old babies prefer looking at
simple colored rectangles rather than more complex patters, such as checkerboards. ANS: D
                                                                                                 PTS: 1
                                                                                                                     DIF: Moderate REF: Nature and Nurture-It Takes Two to Tango
                                                                                                                                                                                                    OBJ: 3.1.5 KEY: Fact
                                                                                                                                                                                                                                    MSC: * (New Question) According to the visual research done by Fantz and others, three-day-old babies are
                                                                                                                                            DIF: Moderate REF: Nature and Nurture-It Takes Two to Tango
                                                                                                                                                                                                                             OBJ: 3.1.5 KEY: Fact Studies of visual perception indicate that infants under six months a. pay more attention to
LEAST likely to look at which pattern? a. complex patterns b. circles and curves c. a rectangle d. a human face ANS: C
                                                                                                                         PTS: 1
simple patterns rather than complex ones. b. pay more attention to a person who is gazing directly at them, rather than one who is looking away. c. prefer to look at colored ovals rather than human faces. d. show all of these preferences. ANS: B
                                                                                                                                                                                                                                                                 DIF: Difficult REF: Nature and Nurture-It Takes Two to
                                                       MSC: * (New Question) Regarding their visual capabilities, babies are able to recognize categories of objects that differ in shape and color as early as the age of a. two months. b. six months. c. nine months. d. one year. ANS: B
                                                                                                                                                                                                                                                                                                          DIF: Moderate REF: Nature and
                                              OBJ: 3.1.5 KEY: Fact Regarding their visual capabilities, babies are able to tell the difference between dogs and birds or other groups of animals as early as the age of a. two months. b. six months. c. nine months. d. one year. ANS: C
Nurture-It Takes Two to Tango
                                                                                                                                                                                                                                                                                     PTS: 1
                                                                                                                                                                                                                                                                                                         DIF: Moderate REF: Nature and
Nurture-It Takes Two to Tango
                                              OBJ: 3.1.5 KEY: Fact Regarding their visual capabilities, babies will be able to see as well as their parents by the age of a. two months. b. six months. c. nine months. d. one year. ANS: D
                                                                                                                                                                                                                                    PTS: 1
                                                                                                                                                                                                                                                             DIF: Moderate REF: Nature and Nurture-It Takes Two to Tango
OBJ: 3.1.5 KEY: Fact Regarding the visual perception of babies, which of the following statements is FALSE? a. Just hours after they are born, babies are able to recognize categories of objects that differ in shape or color. c. At age seven months, babies are
able to see as well as their parents. d. At nine months old, babies are able to tell the difference between dogs and birds or other groups of animals. ANS: C
                                                                                                                                                                              DIF: Moderate REF: Nature and Nurture-It Takes Two to Tango
                                                                                                                                                                                                                                                              OBJ: 3.1.5 KEY: Fact
                                                                                                                                                                                                                                                                                              MSC: * (New Question) Milestones, such as
                                                                                                                                                                                           DIF: Moderate REF: Nature and Nurture-It Takes Two to Tango
when children are able to walk alone, feed themselves, or become toilet trained tend to be governed by a. assimilation. b. resiliency. c. habituation. d. readiness. ANS: D
                                                                                                                                                                                                                                                                           OBJ: 3.1.6 KEY: Concept MSC: * (New Question) A condition
that exists when maturation has advanced enough to allow the rapid acquisition of a particular skill is known as a. readiness, b. assimilation, c. habituation, d. enrichment, ANS: A
                                                                                                                                                                                                   DIF: Moderate REF: Nature and Nurture-It Takes Two to Tango
                                                                                                                                                                               PTS: 1
                                                                                                                                                                                                                                                                                   OBJ: 3.1.6 KEY: Fact Until minimum levels of physical
structure are mature, no amount of practice will be sufficient to develop certain skills. This statement reflects a assimilation. b. readiness, c. resiliency, d. habituation. ANS: B
                                                                                                                                                                            PTS: 1
                                                                                                                                                                                               DIF: Moderate REF: Nature and Nurture-It Takes Two to Tango
                                                                                                                                                                                                                                                                               OBJ: 3.1.6 KEY: Concept Sarah is seven months old. Her
parents spend three hours a day for five weeks straight holding Sarah up next to furniture in hopes that she will grab onto the furniture and stand by herself. Sarah hates this treatment and screams and cries, but her parents smile
triumphantly. What have they accomplished here? a. Sarah's parents have trained Sarah to stand up by herself earlier than the average. b. Sarah was ready to stand up by herself at about eight months of age; but her parents simply put her through a training ordeal for nothing. c. If Sarah's parents had not trained her, Sarah would have been developmentally
delayed. d. Sarah's parents have respected her personal rate of growth by encouraging her with psychomotor training. ANS: B
                                                                                                                                                    DIF: Moderate REF: Nature and Nurture-It Takes Two to Tango
                                                                                                                                                                                                                                   OBJ: 3.1.6 KEY: Application Jeffery is 18 months old, and his mother has spent almost every waking moment
                                                                                                                             PTS: 1
of the last three weeks trying to toilet-train Jeffery. However, Jeffery has shown no improvement. Jeffery's mother should be told that toilet training as well as other milestones in development are governed by the a. habituation of the child. b. child's assimilation pattern. c. child's readiness. d. quality and quantity of the training. ANS: C
                                                                                       OBJ: 3.1.6 KEY: Application Current guidelines suggest that toilet training goes most smoothly when begun between age _____ months. a. nine and 12 b. 12 and 16 c. 18 and 24 d. 30 and 42 ANS: C
            DIF: Easy REF: Nature and Nurture-It Takes Two to Tango
                                                                                          MSC: * (New Question) Regarding toilet training, which of the following statements is FALSE? a. Parents may control when toilet training starts, but maturation tends to dictate when it will be completed. b. Current guidelines suggest that toilet training goes
REF: Nature and Nurture-It Takes Two to Tango
                                                               OBJ: 3.1.6 KEY: Fact
most smoothly when begun between 10 and 16 months of age. c. Parents are asking for failure when they try to force a child to learn skills too early or too late. d. The older a child is before toilet training begins, the more likely he or she is to fail to develop full bladder control and become a daytime "wetter." ANS: B
Moderate REF: Nature and Nurture-It Takes Two to Tango
                                                                    OBJ: 3.1.6 KEY: Concept MSC: * (New Question) Nature is to heredity as nurture is to a. environment. b. genetics. c. maturation. d. readiness. ANS: A
                                                                                                                                                                                                                                        PTS: 1
                                                                                                                                                                                                                                                            DIF: Easy REF: Nature and Nurture-It Takes Two to Tango
                                                                                                                                                                                                    PTS: 1
OBJ: 3.1.7 KEY: Concept MSC: * (New Question) The sum of all external conditions that affect a person is referred to as a. nurture. b. senescence. c. nature. d. the human growth sequence. ANS: A
                                                                                                                                                                                                                             DIF: Easy REF: Nature and Nurture-It Takes Two to Tango
                                                                                                                                                                                                                                                                                                          OBJ: 3.1.7 KEY: Fact When John
B. Watson made the statement that if he had a dozen infants he could take any one of them at random and train him to be a doctor, merchant, thief, etc., he was referring to the powerful effect of a. nature, b. temperament, c. the human growth sequence, d. the environment, ANS: D
                                                                                                                                                                                                                                                                                                   DIF: Moderate REF: Nature and
                                              OBJ: 3.1.7 KEY: Application Compared to an adult, the brain of a newborn baby has a. significantly more dendrites and synapses. b. slightly more dendrites and synapses. d. the same number of dendrites and synapses. ANS: C
Moderate REF: Nature and Nurture-It Takes Two to Tango
                                                                                                        MSC: * (New Question) Compared to the adult brain, the brain of a newborn baby has fewer nerve cell branches that receive information, which are called a. axons. b. dendrites. c. nodes of Ranvier. d. neurilemma. ANS: B
            DIF: Moderate REF: Nature and Nurture-It Takes Two to Tango
                                                                                                                            MSC: * (New Question) Compared to the adult brain, the brain of a newborn baby has fewer connections between nerve cells, which are called a dendrites. b. synapses. c. ion channels. d. nodes of Ranvier. ANS:
                                                                                                                                               MSC: * (New Question) The brain of a newborn baby is capable of being altered by experience, that is, it is highly a. plastic. b. polygenic. c. anthropomorphic. d. denotative. ANS: A
                               DIF: Moderate REF: Nature and Nurture-It Takes Two to Tango
            DIF: Moderate REF: Nature and Nurture-It Takes Two to Tango
                                                                                            OBJ: 3.1.7 KEY: Fact Millions of new connections form in the child's brain every day, while unused connections disappear through a process known as a. scaffolding. b. "top-to-bottom processing." c. anthropomorphic delineation. d. "blooming and pruning."
                                                                                                                      OBJ: 3.1.7 KEY: Fact Loud noises can increase the fetus' heart rate and movement, which illustrates that outside conditions can affect the unborn in the
                                      DIF: Moderate REF: Nature and Nurture-It Takes Two to Tango
                                                   DIF: Moderate REF: Nature and Nurture-It Takes Two to Tango
                                                                                                                                   OBJ: 3.1.7 KEY: Concept Because of work pressures, Marian experienced a great deal of stress during her pregnancy. Due to this stress, Marian's baby a. may be a smaller, weaker baby at birth. b. may develop
                                                                                                                                                                                                                                            OBJ: 3.1.7 KEY: Application MSC: * (New Question) Defects that originate during prenatal
severe learning disabilities. c. will have a higher risk of autism. d. will not have a higher risk of any physical or mental problems. ANS: A
                                                                                                                                                            DIF: Moderate REF: Nature and Nurture-It Takes Two to Tango
                                                                                                                                                                                                    DIF: Moderate REF: Nature and Nurture-It Takes Two to Tango
development in the womb due to environmental conditions are known as a. congenital problems. b. genetic disorders. c. senescence disorders. d. endogenomic problems. ANS: A
                                                                                                                                                                                 PTS: 1
                                                                                                                                                                                                                                                                                     OBJ: 3.1.7 KEY: Fact Defects that are caused by
                                                                                                                                                                DIF: Easy REF: Nature and Nurture-It Takes Two to Tango
inherited characteristics are known as a. congenital problems. b. genetic disorders. c. teratogen defects. d. endogenomic problems. ANS: B
                                                                                                                                                                                                                                           OBJ: 3.1.7 KEY: Fact
                                                                                                                                                                                                                                                                            MSC: * (New Question) A physician who describes an infant as slow
to develop and respond because of congenital problems is attributing the cause of the abnormality to the a. postnatal environment. b. infant's heredity. c. mother's heredity. d. intrauterine environment. ANS: D
                                                                                                                                                                                                                                DIF: Moderate REF: Nature and Nurture-It Takes Two to Tango
                                                                                                                                                                                                            P1S: 1
                                                                                                                                                                                                                                                                                                                OBJ: 3.1.7 KEY: Application
                                                                                                                                                                                                                          DIF: Moderate REF: Nature and Nurture-It Takes Two to Tango
If an expectant mother is exposed to German measles, the child could be born with a a. genetic defect. b. congenital problem. c. cephalocaudal pattern problem. d. proximodistal pattern problem. ANS: B
                                                                                                                                                                                                       PTS: 1
                                                                                                                                                                                                                                                                                                          OBJ: 3.1.7 KEY: Application If an
unborn child is exposed to X-rays, PCBs, or drugs taken by the mother, the child could be born with a a. genetic defect. b. congenital problem. c. cephalocaudal pattern problem. d. proximodistal pattern problem. ANS: B
                                                                                                                                                                                                                                                                                                                         OBJ: 3.1.7 KEY:
                                                                                                                                                                                                                      PTS: 1
                                                                                                                                                                                                                                         DIF: Moderate REF: Nature and Nurture-It Takes Two to Tango
Application Sickle-cell anemia, hemophilia, muscular dystrophy, and cystic fibrosis are considered a. genetic disorders. b. congenital problems. c. teratogens. d. endomorphic conditions. ANS: A
                                                                                                                                                                                                                                                                                                 OBJ: 3.1.7 KEY: Concept Which of the
                                                                                                                                                                                               PTS: 1
                                                                                                                                                                                                                  DIF: Moderate REF: Nature and Nurture-It Takes Two to Tango
                                                                                                                                                                                                                                                             OBJ: 3.1.7 KEY: Concept a. another name for a genetic defect. b. the cause of
following is considered a congenital problem or "birth defect"? a. fetal alcohol syndrome b. sickle-cell anemia c. hemophilia d. muscular dystrophy ANS: A
                                                                                                                                                          PTS: 1
                                                                                                                                                                             DIF: Moderate REF: Nature and Nurture-It Takes Two to Tango
cystic fibrosis and sickle-cell anemia. c. any substance capable of causing birth defects. d. characterized by all of these. ANS: C
                                                                                                                                                      DIF: Moderate REF: Nature and Nurture-It Takes Two to Tango
                                                                                                                                                                                                                                     OBJ: 3.1.7 KEY: Concept Substances capable of causing birth defects are known as a. carcinogens. b.
                                                                       DIF: Moderate REF: Nature and Nurture-It Takes Two to Tango
teratogens. c. chorions. d. antigens. ANS: B
                                                    PTS: 1
                                                                                                                                                       OBJ: 3.1.7 KEY: Fact Regarding teratogens and birth defects, which of the following statements is FALSE? a. Radiation, lead, and pesticides are considered teratogens. b. Cystic fibrosis, PKU,
and hemophilia are considered teratogens. c. Pregnant women do have direct control over many teratogens. d. Repeated heavy drinking during pregnancy is the most common cause of birth defects in the United States. ANS: B
                                                                                                                                                                                                                                                 DIF: Moderate REF: Nature and Nurture-It Takes Two to Tango
                                                                                                                                                                                                                              PTS: 1
3.1.7 KEY: Concept MSC: * (New Question) Regarding teratogens, which of the following statements is TRUE? a. It is impossible for alcohol and drugs to be transmitted from mother to fetus since no direct intermixing of blood takes place between a mother and her unborn child. b. Although no direct intermixing of blood occurs. some substances. like
drugs, do reach the fetus. c. A fetus may be exposed to drugs, but the unborn child cannot become addicted. d. Pregnant women rarely have any direct control over teratogens. ANS: B
                                                                                                                                                                                     PTS: 1
                                                                                                                                                                                                         DIF: Moderate REF: Nature and Nurture-It Takes Two to Tango
                                                                                                                                                                                                                                                                                         OBJ: 3.1.7 KEY: Concept Regarding teratogens.
which of the following statements is FALSE? a. No direct intermixing of blood takes place between a mother and her unborn child. b. If a mother is addicted to morphine, heroin, or methadone, her baby may be born with an addiction. c. Children with fetal alcohol syndrome are born with fluid on the brain and an abnormally large head. d. Children of smoking
mothers score lower on tests of language and mental ability. ANS: C
                                                                                              DIF: Moderate REF: Nature and Nurture-It Takes Two to Tango
                                                                                                                                                                              OBJ: 3.1.7 KEY: Concept Because of the rapid growth of basic structures, the developing fetus is sensitive to a variety of diseases, drugs, and sources of radiation,
                                                                           PTS: 1
                                                                                                                                                                                                                                                                   MSC: * (New Question) Fetal alcohol syndrome is characterized by a. low
                                                                                                                                                    DIF: Moderate REF: Nature and Nurture-It Takes Two to Tango
especially during which part of the pregnancy? a. first trimester b. second trimester c. third trimester d. neonatal period ANS: A
                                                                                                                                PTS: 1
                                                                                                                                                                                                                                    OBJ: 3.1.7 KEY: Fact
birth weight, a small head, and bodily defects. b. an increased risk of developing albinism. c. genetic defects. d. the newborn having fluid on the brain and slight paralysis of the muscles of the extremities. ANS: A
                                                                                                                                                                                                                                  DIF: Moderate REF: Nature and Nurture-It Takes Two to Tango
                                                                                                                                                                                                               PTS: 1
A child is born with low birth weight, a small head, facial malformations, and other bodily defects and has an added risk of developing emotional, behavioral, and mental disabilities. The child most likely has a albinism. b. fetal alcohol syndrome. c. cystic fibrosis. d. congenital problems due to the mother's heavy marijuana use. ANS: B
            DIF: Moderate REF: Nature and Nurture-It Takes Two to Tango
                                                                                           OBJ: 3.1.7 KEY: Application MSC: * (New Question) Six-year-old Jacob has a small nonsymmetrical head, a short nose, a flattened area between the eyes, oddly shaped eyes, and a thin upper lip. Many of these facial features will become less noticeable
                                                                                                                                                                                                                    DIF: Moderate REF: Nature and Nurture-It Takes Two to Tango
by adolescence. However, Jacob also has intellectual, emotional, and behavioral disabilities. Jacob most likely has a. rubella. b. fetal alcohol syndrome (FAS). c. cystic fibrosis. d. albinism. ANS: B
                                                                                                                                                                                                PTS: 1
                                                                                                                                                                                                                                                                                                    OBJ: 3.1.7 KEY: Application MSC: *
(New Question) Which of the following is NOT a characteristic of fetal alcohol syndrome? a. increased risk of developing hemophilia. b. small head and facial malformations c. low birth weight d. emotional, behavior, and mental disabilities ANS: A
                                                                                                                                                                                                                                                                  DIF: Easy REF: Nature and Nurture-It Takes Two to
                                                                                                                                                                                                                                              PTS: 1
Tango
                       OBJ: 3.1.7 KEY: Concept Considering what is known about the effects of alcohol on the fetus, pregnant women should be advised to drink a. alcoholic beverages according to their own preference. b. hard liquor only, never beer or wine. c. wine and beer only, never hard liquor. d. no alcoholic beverages at all. ANS: D
PTS: 1
                   DIF: Easy REF: Nature and Nurture-It Takes Two to Tango
                                                                                             OBJ: 3.1.7 KEY: Concept If a mother smokes heavily during pregnancy, it is more likely that the infant will be born a. with a cleft palate. b. premature and underweight. c. addicted to nicotine. d. with facial abnormalities. ANS: B
                                                                                        OBJ: 3.1.7 KEY: Concept Smoking during pregnancy causes all of the following EXCEPT a. a reduction in oxygen to the fetus. b. an increased risk of miscarriage and prematurity. c. the occurrence of facial abnormalities. d. lowering the children's language and
            DIF: Easy REF: Nature and Nurture-It Takes Two to Tango
                                                          DIF: Moderate REF: Nature and Nurture-It Takes Two to Tango
                                                                                                                                         OBJ: 3.1.7 KEY: Concept Which of the following teratogens tends to greatly reduce oxygen to the fetus, increase the risk of miscarriage, prematurity, and low birth weight with surviving children showing
mental ability scores. ANS: C
                                       PTS: 1
lower scores on language and mental abilities tests? a. German measles b. maternal stress c. exposure to X-rays d. smoking by the mother ANS: D
                                                                                                                                                                       DIF: Moderate REF: Nature and Nurture-It Takes Two to Tango
                                                                                                                                                    PTS: 1
                                                                                                                                                                                                                                                        OBJ: 3.1.7 KEY: Concept Considering what is now known about the effects smoking on
the unborn, the best advice for the mother is to a. smoke tobacco or marijuana in moderation. b. smoke only tobacco, not marijuana. c. smoke marijuana occasionally, but not tobacco. d. discontinue smoking tobacco and marijuana. ANS: D
                                                                                                                                                                                                                                                            DIF: Easy REF: Nature and Nurture-It Takes Two to Tango
                                                                                                                                                                                                                                         PTS: 1
OBJ: 3.1.7 KEY: Concept Regarding the effects of early experiences, which of the following statements is FALSE? a. Children who are abused may suffer lifelong emotional problems. b. Extra care can sometimes reverse the effects of a poor start in life. c. The time when children are more susceptible to particular types of environmental influences is called
                                                                                                                                                                     DIF: Moderate REF: Nature and Nurture-It Takes Two to Tango
the zone of proximal development. d. Babies who do not hear normal speech during their first year may have impaired language abilities. ANS: C
                                                                                                                                                 PTS: 1
                                                                                                                                                                                                                                                     OBJ: 3.1.8 KEY: Concept Sensitive periods refer to the a. patterns of physical
                                                                                                                                                                                                                                                                                          DIF: Easy REF: Nature and Nurture-It Takes Two
development from conception to death. b. developmental sequence of one's temperament. c. years of aging characterized by marked physiological and psychological deterioration. d. times when individuals are most susceptible to certain environmental influences. ANS: D
                                                                                                                                                                                                                                                                       PTS: 1
                         OBJ: 3.1.8 KEY: Fact Problems that occur during sensitive periods in development a. usually involve crises and conflict. b. are almost always characterized by emotional upheaval. c. dramatic but result in only temporary changes in behavior. d. can permanently alter the course of development. ANS: D
            DIF: Moderate REF: Nature and Nurture-It Takes Two to Tango
                                                                                            OBJ: 3.1.8 KEY: Concept A time during which certain events must take place for normal development to occur is called a a. maturational milestone. b. sensitive period. c. biological stage. d. period of motor primacy. ANS: B
DIF: Easy REF: Nature and Nurture-It Takes Two to Tango
                                                                           OBJ: 3.1.8 KEY: Fact If a woman has German measles during early pregnancy, her child may be born with heart defects, cataracts, or hearing loss. If she has German measles later in her pregnancy, the child would escape without damage. This illustrates the importance of
which of the following within the intrauterine environment? a. sensitive periods b. biological stages of development c. maturational milestones d. biopsychosocial crises ANS: A
                                                                                                                                                                                                 DIF: Moderate REF: Nature and Nurture-It Takes Two to Tango
                                                                                                                                                                             PTS: 1
                                                                                                                                                                                                                                                                                 OBJ: 3.1.8 KEY: Application A child who does not form a
                                                                                                                                                                                                                                                                                         DIF: Moderate REF: Nature and Nurture-It Takes
loving bond during the first two years of life tends to suffer impairment in their social development. This statement emphasizes the importance of the a. sensitive period. b. temperament state. c. zone of proximal development. d. genetic principles of development. ANS: A
                                                                                                                                                                                                                                                                     PTS: 1
                              OBJ: 3.1.8 KEY: Application Baby Michael has normal hearing, but both of his parents are deaf and use sign language to communicate. During Michael to hear normal speech a. because the first year is a sensitive period for learning to develop peer
relationships. b. because the first year is a sensitive period for language development. c. because there is no sensitive period for language development, but a child must be exposed to normal speech at all times. d. for none of these reasons. ANS: B
                                                                                                                                                                                                                                                  PTS: 1
                                                                                                                                                                                                                                                                      DIF: Moderate REF: Nature and Nurture-It Takes Two to
                       OBJ: 3.1.8 KEY: Application A lack of normal stimulation, nutrition, comfort, or love is referred to as a. abuse. b. scaffolding. c. deprivation. d. rejection. ANS: C
                                                                                                                                                                                                             DIF: Easy REF: Nature and Nurture-It Takes Two to Tango
                                                                                                                                                                                                                                                                                        OBJ: 3.1.9 KEY: Fact Deliberately making an
                                                                                                                                                                                         PTS: 1
environment more stimulating, nutritional, comforting, and loving is referred to as a. overindulgence. b. permissive love. c. psychological intervention. d. enrichment. ANS: D
                                                                                                                                                                                              DIF: Easy REF: Nature and Nurture-It Takes Two to Tango
                                                                                                                                                                                                                                                                          OBJ: 3.1.9 KEY: Fact Poverty is to deprivation as early childhood
                                                                                                                                                                           PTS: 1
stimulation is to a. imprinting, b. enrichment, c. assimilation, d. vicarious learning, ANS: B
                                                                                                                                                                                                 OBJ: 3.1.9 KEY: Concept When nine-year-old Jenny was found by social workers in the attic of her family's home, she looked more like a five-
                                                                                              PTS: 1
                                                                                                                 DIF: Moderate REF: Nature and Nurture-It Takes Two to Tango
                                                                                                                                                                                                                                                                       DIF: Easy REF: Nature and Nurture-It Takes Two to
year-old physically, was mute, intellectually disabled, and emotionally damaged. Jenny most likely experienced a. too much sensory stimulation. b. a restricted environment. c. exposure to carcinogens. d. a psychological enriched environment. ANS: B
                                                                                                                                                                                                                                                   PTS: 1
                                                                                                                                                                                                                                                                        DIF: Easy REF: Nature and Nurture-It Takes Two to
Tango
                       OBJ: 3.1.9 KEY: Application Poverty has been shown to affect a. a child's health with poor children being sick more often. b. a child's socioemotional development. c. a child's cognitive development. d. all of these. ANS: D
                                                                                                                                                                                                                                                     PTS: 1
Tango
                       OBJ: 3.1.9 KEY: Concept Due to financial difficulties, Damon's parents have difficulty paying rent and utilities, buying nutritious food, and taking their children to the doctor or dentist when needed. These parents often verbally argue with each other over their financial problems, which also affects their relationship with their
children. Although Damon and his siblings would love to have a computer, they know this will never be possible. According to research, a home situation, such as the one described, has been shown a. to affect the child's physical health with the child being sick more often. b. not to affect a child's cognitive development. c. not to affect a child's socioemotional
development. d. to have short-term effects, but rarely lead to a cycle of continued poverty as an adult. ANS: A
                                                                                                                 PTS: 1
                                                                                                                                    DIF: Easy REF: Nature and Nurture-It Takes Two to Tango
                                                                                                                                                                                                                OBJ: 3.1.9 KEY: Application MSC: * (New Question) Regarding the effects of poverty, which of the following statements is
FALSE? a. The stresses of poverty have not been shown to lead to marital problems or to less positive parenting. b. In families who must cope with poverty, some degree of perceptual, intellectual, or emotional deprivation often occurs. c. Extreme cases of poverty and emotional turmoil can increase the risk of mental illness and delinquent behavior. d. Adults
who grew up in poverty often remain trapped in a vicious cycle of continued poverty. ANS: A
                                                                                                 PTS: 1
                                                                                                                    DIF: Easy REF: Nature and Nurture-It Takes Two to Tango
                                                                                                                                                                                                OBJ: 3.1.9 KEY: Concept MSC: * (New Question) Regarding the effects of deprivation and enrichment, which of the following statements is
FALSE? a. Impoverished children tend to be sick more often, their mental development lags, and they do poorly at school. b. The stresses of poverty can be hard on parents, leading to marriage problems, less positive parenting, and poorer parent. d. Many
```

DIF: Moderate REF: Nature and Nurture-It Takes Two to Tango

PTS: 1

OBJ: 3.1.9 KEY: Concept MSC: * (New Question) Approximately, how many Americans fell below the

studies have shown that enriched environments improve the abilities or enhance the development of young children. ANS: C

```
poverty line in 2010? a. 7,000,000 b. 10,000,000 c. 23,000,000 d. 45,000,000 ANS: D
                                                                                          PTS: 1
                                                                                                              DIF: Moderate REF: Nature and Nurture-It Takes Two to Tango
                                                                                                                                                                                             OBJ: 3.1.9 KEY: Fact
                                                                                                                                                                                                                             MSC: * (New Question) Rats that were raised in the enriched cage environments a. had smaller, lighter brains. b. had
                                                                                                                                                                                                                    OBJ: 3.1.9 KEY: Fact Rats that were raised in enriched environments showed all of the following characteristics EXCEPT for
                                                                                                                  PTS: 1
                                                                                                                                     DIF: Moderate REF: Nature and Nurture-It Takes Two to Tango
brains with a thinner cortex. c. were superior at learning mazes. d. exhibited all of these characteristics. ANS: C
                                                                                                                                                                            DIF: Moderate REF: Nature and Nurture-It Takes Two to Tango
                                                                                                                                                                                                                                                            OBJ: 3.1.9 KEY: Fact Rats raised in environments that had cages decorated with
a. having a larger brain. b. having a brain with a thicker cortex. c. being superior at learning mazes. d. becoming more docile and less aggressive. ANS: D
                                                                                                                                                         PTS: 1
colorful patterns and filled with platforms, ladders, and cubbyholes a. became confused and withdrawn. b. became more aggressive and territorial in their behavior. c. developed a larger, heavier brain with a thicker cortex. d. were no different in physical or behavioral characteristics than the rats raised in the standard laboratory cages. ANS: C
                  DIF: Moderate REF: Nature and Nurture-It Takes Two to Tango
                                                                                                 OBJ: 3.1.9 KEY: Fact Which of the following would NOT be part of an enriched environment for children? a. child-proofing the house to allow the child to actively explore his or her surroundings b. limiting what a child can touch in order to present
                                                                                                                                                                                                                                                                                          OBJ: 3.1.9 KEY: Concept Which of the following
these sensations systematically c. surrounding babies with colors, music, people, and things to see, taste, smell, and touch d. responsive parents noticing what holds a child's attention ANS: B
                                                                                                                                                                                            PTS: 1
                                                                                                                                                                                                              DIF: Easy REF: Nature and Nurture-It Takes Two to Tango
would NOT be good advice for parents of young children? a. Encourage exploration and stimulating play by paying attention to what holds your baby's interest. b. To teach patience and control, it is best to strictly limit what a child can touch in the home. c. Take babies outside, hang mobiles over their cribs, place mirrors nearby, play music for them, or
                                                                                                                                     DIF: Moderate REF: Nature and Nurture-It Takes Two to Tango
rearrange their rooms now and then. d. It is wise to view all of childhood as a relatively sensitive period. ANS: B
                                                                                                                  PTS: 1
                                                                                                                                                                                                                     OBJ: 3.1.9 KEY: Concept MSC: * (New Question) Growing infants influence their parents' behavior at the same time
they are changed by it. This illustrates a. reciprocal influences. b. the secular trend in behavior. c. genetic predispositions. d. the zone of proximal development. ANS: A
                                                                                                                                                                      PTS: 1
                                                                                                                                                                                         DIF: Moderate REF: Nature and Nurture-It Takes Two to Tango
                                                                                                                                                                                                                                                                        OBJ: 3.1.10 KEY: Concept When a psychologist describes the
reciprocal influences between parent and child, the psychologist is stating that a. a child's temperament plays the most important role in development. b. parenting behaviors. d. the nature-nurture controversy will never be resolved.
                                     DIF: Moderate REF: Nature and Nurture-It Takes Two to Tango
                                                                                                                     OBJ: 3.1.10 KEY: Concept Jana is an easy baby who smiles and vocalizes frequently, which encourages her parents to smile and talk to her more. This, in turn, causes Jana to smile and interact with her parents more. This
illustrates a. reciprocal influences. b. the genetic predispositions of the parents. c. a parental behavior that would occur even if Jana had a difficult temperament. d. all of these. ANS: A
                                                                                                                                                                                    PTS: 1
                                                                                                                                                                                                       DIF: Moderate REF: Nature and Nurture-It Takes Two to Tango
                                                                                                                                                                                                                                                                                      OBJ: 3.1.10 KEY: Application Josh is a difficult baby
who cries and is hard to console, which makes his parents unhappy and elicits negative parenting. This, in turn, causes Josh to cry more frequently. This illustrates a. reciprocal influences. b. the genetic predispositions of the parents. c. a parental behavior that would occur even if Josh had an easy temperament. d. all of these. ANS: A
            DIF: Moderate REF: Nature and Nurture-It Takes Two to Tango
                                                                                            OBJ: 3.1.10 KEY: Application a. the pattern of physical development from conception to death. b. the inherited, physical core of one's personality. c. the years of aging characterized by marked physiological and psychological deterioration. d. a period of
increased sensitivity to environmental influences. ANS: B
                                                                                   DIF: Moderate REF: Nature and Nurture-It Takes Two to Tango
                                                                                                                                                                   OBJ: 3.1.10 KEY: Fact Studies by Kagan, Thomas, and Chess indicate that newborn infants differ in sensitivity, irritability, distractibility, typical mood, and other aspects of a.
intelligence. b. physical development. c. temperament. d. aggressiveness. ANS: C
                                                                                                          DIF: Moderate REF: Nature and Nurture-It Takes Two to Tango
                                                                                                                                                                                          OBJ: 3.1.10 KEY: Fact The physical core of personality, including emotional and perceptual sensitivity, energy levels, and typical mood is referred to as
                                                                                                                     DIF: Moderate REF: Nature and Nurture-It Takes Two to Tango
one's a. crystallized intelligence. b. temperament. c. senescence. d. attachment style. ANS: B
                                                                                                 PTS: 1
                                                                                                                                                                                                    OBJ: 3.1.10 KEY: Fact The existence of easy, difficult, and slow-to-warm-up children is considered evidence for a. early critical periods in
development. b. lasting effects of the intrauterine environment. c. affective needs in infancy. d. hereditary differences in temperament. ANS: D
                                                                                                                                                                 DIF: Moderate REF: Nature and Nurture-It Takes Two to Tango
                                                                                                                                                                                                                                                 OBJ: 3.1.10 KEY: Concept According to Thomas and Chess, 40 percent of children display
                                                                                                                                              PTS: 1
the most common type of temperament, which is the ______ temperament. a. easy b. difficult c. slow-to-warm-up d. generic ANS: A
                                                                                                                                          PTS: 1
                                                                                                                                                             DIF: Moderate REF: Nature and Nurture-It Takes Two to Tango
                                                                                                                                                                                                                                            OBJ: 3.1.10 KEY: Fact According to Thomas and Chess, the smallest percentage of children (10
percent) display what type of temperament? a. easy b. difficult c. slow-to-warm-up d. generic ANS: B
                                                                                                                                                                                                           OBJ: 3.1.10 KEY: Fact Easy temperament children would be characterized as a. being restrained and unexpressive. b. being relaxed
                                                                                                        PTS: 1
                                                                                                                           DIF: Moderate REF: Nature and Nurture-It Takes Two to Tango
                                                                                                                                                                                             OBJ: 3.1.10 KEY: Fact Joey's mother was amazed by her two-year-old son. He was a very friendly, agreeable child who always seemed to be relaxed
                                                                                              PTS: 1
                                                                                                                  DIF: Easy REF: Nature and Nurture-It Takes Two to Tango
and agreeable. c. being moody and intense. d. tending to overreact to stimulation. ANS: B
                                                                          child. a. easy b. extroverted c. positive d. power assertive ANS: A
                                                                                                                                                                        DIF: Moderate REF: Nature and Nurture-It Takes Two to Tango
                                                                                                                                                                                                                                                        OBJ: 3.1.10 KEY: Application With regard to temperament, "difficult children" a. are
and in a good mood. Thomas and Chess would describe Joey as a(n)
                                                                                                                                                     PTS: 1
restrained and unexpressive in their behavior. b. tend to be excessively shy. c. are moody, intense, and easily angered. d. do not fit neatly into any single category. ANS: C
                                                                                                                                                                         PTS: 1
                                                                                                                                                                                            DIF: Moderate REF: Nature and Nurture-It Takes Two to Tango
                                                                                                                                                                                                                                                                            OBJ: 3.1.10 KEY: Fact From an early age, Justin tended to be a
very moody child, who reacted intensely, often angrily, to most situations. Thomas and Chess would describe Justin as a(n)
                                                                                                                             _ child. a. easy b. slow-to-warm-up c. spoiled d. difficult ANS: D
                                                                                                                                                                                                   PTS: 1
                                                                                                                                                                                                                      DIF: Moderate REF: Nature and Nurture-It Takes Two to Tango
                                                                                                                                                                                                                                                                                                      OBJ: 3.1.10 KEY: Application a. are
restrained and unexpressive. b. are relaxed and agreeable. c. are moody and intense. d. tend to get over disappointment and anger very slowly. ANS: A
                                                                                                                                                                          DIF: Moderate REF: Nature and Nurture-It Takes Two to Tango
                                                                                                                                                        PTS: 1
                                                                                                                                                                                                                                                          OBJ: 3.1.10 KEY: Fact Helen's mother took three-year-old Helen to a birthday party
                                                                                                                                                                                                                                            child. a. easy b. slow-to-warm-up c. difficult d. immature ANS: B
in the neighborhood. Although her mother encouraged her to play with the other children, Helen did not say a word to any child but sat quietly by her mother watching the other children. Thomas and Chess would probably describe Helen as a(n)
                                                                              OBJ: 3.1.10 KEY: Application Forty percent of all newborns are classified as easy children, ten percent are classified as difficult, and about 15 percent are classified as slow-to-warm-up. How are the remaining 35 percent classified? a. restrained-unexpressive b. intensely
DIF: Moderate REF: Nature and Nurture-It Takes Two to Tango
shy or intensely moody c. moderately easy d. as not fitting into a single category ANS: D
                                                                                             PTS: 1
                                                                                                                DIF: Moderate REF: Nature and Nurture-It Takes Two to Tango
                                                                                                                                                                                                OBJ: 3.1.10 KEY: Fact The concept of a dynamic interaction between parents and children is best illustrated by the fact that babies a. control their
own development. b. are active participants in their development. c. are controlled and directed in their development by parents. d. control their physical but not social development. ANS: B
                                                                                                                                                                                         PTS: 1
                                                                                                                                                                                                            DIF: Moderate REF: Nature and Nurture-It Takes Two to Tango
                                                                                                                                                                                                                                                                                           OBJ: 3.1.10 KEY: Concept Jeannette was an
extremely shy child when she was two years old. However, by age five she was only mildly shy. This illustrates that a. inherited temperaments do not last after infancy. b. inherited temperaments are lasting and cannot be modified by learning. c. inherited temperaments are lasting and cannot be modified by learning. d. shyness was not really a part of her
                                                   DIF: Moderate REF: Nature and Nurture-It Takes Two to Tango
                                                                                                                                  OBJ: 3.1.10 KEY: Application Simone was a moderately shy infant whose very extroverted parents rarely gave her time to adapt to a new social situation before thrusting her into another one. This style of
parenting led Simone to become an extremely shy child as she entered school. This illustrates that a. nurture is more important than nature. b. nature is more important than nurture. c. inherited temperaments can be dynamically modified by learning, even negatively. d. shyness is a lasting trait that cannot be modified by experience or learning. ANS:
                                DIF: Moderate REF: Nature and Nurture-It Takes Two to Tango
                                                                                                               OBJ: 3.1.10 KEY: Application Regarding children's development, which of the following statements is TRUE? a. Children can help shape their own development through their actions. b. It is impossible to overcome early environmental
influences. c. Our inherited traits are what dictate who we become. d. Our own behavior plays no role in the influences of nature and nurture. ANS: A
                                                                                                                                                                       DIF: Moderate REF: Nature and Nurture-It Takes Two to Tango
                                                                                                                                                                                                                                                       OBJ: 3.1.10 KEY: Concept A person's developmental level refers to that person's a.
                                                                                                                                                    PTS: 1
current state of physical, emotional, and intellectual development. b. past state of health and physical development. c. future status in all development areas based on past measurements of health and well-being. ANS: A
                                                                                                                                                                                                                                                                                                            DIF: Moderate REF: Nature
                                                                                                                                                                                                                                                                                         PTS: 1
and Nurture-It Takes Two to Tango
                                                                                  MSC: * (New Question) According to your textbook, a person's developmental level is determined by heredity, environment, and a. nurture. b. activity level. c. the individual's own behavior. d. inborn potential. ANS: C
                                                                                                                                                                                                                                                                                                     PTS: 1
                                                                                                                                                                                                                                                                                                                         DIF: Moderate
                                                  OBJ: 3.1.11 KEY: Fact
                                                               OBJ: 3.1.11 KEY: Fact At any stage of life, heredity, environment, and the person's individual behavior are the three factors that determine one's a. accommodation level. b. developmental level. c. scaffolding level. d. temperament. ANS: B
                                                                                                                                                                                                                                                                                                                             DIF:
REF: Nature and Nurture-It Takes Two to Tango
                                                                                                                                                                                                                                                                                                         PTS: 1
Moderate REF: Nature and Nurture-It Takes Two to Tango
                                                                        OBJ: 3.1.11 KEY: Fact At any stage of life, the three factors that combine to determine a person's developmental level are a. heredity, environment, and cognitive style. c. environment, cognitive style, and the person's own
behavior. d. heredity, environment, and the person's own behavior. ANS: D
                                                                                PTS: 1
                                                                                                    DIF: Moderate REF: Nature and Nurture-It Takes Two to Tango
                                                                                                                                                                                   OBJ: 3.1.11 KEY: Fact Regarding emotional and social development, which of the following statements is FALSE? a. Infants develop relationships with their
primary caretakers almost immediately. b. Anger is the only emotion newborn infants clearly express. c. Infants show the full range of basic human emotions by their second year. d. By their third year, infants have a unique personality. ANS: B
                                                                                                                                                                                                                                          PTS: 1
                                                                                                                                                                                                                                                              DIF: Moderate REF: Emotional and Social Development in Infancy-Baby, I'm
                               KEY: Concept MSC: * (New Question) Since even the basic human emotions of anger, fear, and joy appear to be unlearned and take time to development must follow a pattern closely tied to a. maturation. b. habituation. c. resiliency. d. scaffolding. ANS: A
DIF: Moderate REF: Emotional and Social Development in Infancy-Baby, I'm Stuck on You OBJ: 3.2.1
                                                                                                         KEY: Concept Which of the following is NOT considered one of the unlearned basic emotions? a. anger b. fear c. guilt d. joy ANS: C
                                                                                                                                                                                                                                                PTS: 1
                                                                                                                                                                                                                                                                   DIF: Moderate REF: Emotional and Social Development in Infancy-Baby,
                                   KEY: Concept MSC: * (New Question) Regarding the basic human emotions, which of the following statements is FALSE? a. The basic human emotions appear to be unlearned and follow a pattern closely tied to maturation. b. Most researchers who study emotional development believe that fear is the only basic
emotion that newborn infants clearly express. c. According to Bridges, all the basic human emotions appear before age two. d. Bridges found that the first basic split in emotions is between pleasant and unpleasant emotions. ANS: B
                                                                                                                                                                                                                                                    DIF: Moderate REF: Emotional and Social Development in Infancy-Baby, I'm Stuck on
                      KEY: Concept MSC: * (New Question) Janine shows her newborn son to his sisters for the first time, and her newborn son shows the most common infant expression, which is a. fear. b. general excitement. c. joy. d. anger. ANS: B
                                                                                                                                                                                                                                                             PTS: 1
                                                                                                                                                                                                                                                                               DIF: Moderate REF: Emotional and Social Development in
                                                KEY: Application MSC: * (New Question) According to research by Bridges, all basic human emotions appear before the age of a. one month. b. six months. c. one year. d. two years. ANS: D
                                                                                                                                                                                                                                                                  DIF: Moderate REF: Emotional and Social Development in Infancy-Baby,
Infancy-Baby, I'm Stuck on You OBJ: 3.2.1
                                                                                                                                                                                                                                                             PTS: 1
                                   KEY: Fact Bridges found that emotions appear in a consistent order, and he believed that the first basic split is between a fear and rage. b. joy and happiness. c. guilt and pride. d. pleasant and unpleasant emotions. ANS: D
                                                                                                                                                                                                                                                                                DIF: Moderate REF: Emotional and Social Development in
Infancy-Baby, I'm Stuck on You OBJ: 3.2.1
                                                KEY: Fact Psychologist Carroll Izard contends that the only emotion newborn infants clearly express is a. interest. b. fear. c. anger. d. joy. ANS: A
                                                                                                                                                                                                   PTS: 1
                                                                                                                                                                                                                       DIF: Moderate REF: Emotional and Social Development in Infancy-Baby, I'm Stuck on You OBJ: 3.2.1
             MSC: * (New Question) Psychologist Carroll Izard thinks that infants can express several basic emotions as early as age a. two weeks. b. six weeks. c. ten weeks. d. six months. ANS: C
                                                                                                                                                                                                    PTS: 1
                                                                                                                                                                                                                       DIF: Moderate REF: Emotional and Social Development in Infancy-Baby, I'm Stuck on You OBJ: 3.2.1
                                                                                                                                                                                                                                                                                                                                 KEY:
Fact Emily takes her new baby to the grocery store for the first time, and the baby shows the most common infant expression. According to psychologist Carroll Izard, this expression is a. fear. b. happiness. c. interest. d. anger. ANS: C
                                                                                                                                                                                                                                   PTS: 1
                                                                                                                                                                                                                                                       DIF: Moderate REF: Emotional and Social Development in Infancy-Baby, I'm Stuck on
                                                                                                                                                                                                                                                                                                         DIF: Difficult REF: Emotional
                      KEY: Application According to the psychologist Carroll Izard, the most common infant expressions, in order of appearance, are a. interest, joy, anger, sadness, anger. c. joy, sadness, anger, interest, d. interest, sadness, anger, joy. ANS: A
                                                                                                                                                                                                                                                                                      PTS: 1
and Social Development in Infancy-Baby, I'm Stuck on You OBJ: 3.2.1
                                                                         KEY: Fact According to Izard and other emotional researchers, which of the following statements is FALSE? a. Izard believes that emotions are "hard-wired" by heredity and related to evolution. b. Smiling is one of a baby's most common reactions. c. Smiling probably helps
babies survive by inviting parents to care for them. d. Izard believes that infants can express several basic emotions as early as two weeks of age. ANS: D
                                                                                                                                                          PTS: 1
                                                                                                                                                                             DIF: Moderate REF: Emotional and Social Development in Infancy-Baby, I'm Stuck on You OBJ: 3.2.1
                                                                                                                                                                                                                                                                                       KEY: Concept By eight to 12 months of age, infants
smile more frequently when another person is nearby. This behavior is called a(n) a. social intention. b. Moro reflex. c. social smile. d. automatic smile. ANS: C
                                                                                                                                                              PTS: 1
                                                                                                                                                                                 DIF: Easy REF: Emotional and Social Development in Infancy-Baby, I'm Stuck on You OBJ: 3.2.1
                                                                                                                                                                                                                                                                                       KEY: Fact Regarding smiling, which of the following
statements is FALSE? a. A baby's first smile soon after birth is haphazard and does not necessarily occur when people are present. b. The social smile does not appear until around 16 to 24 months of age. c. The social smile is elicited by social stimuli, such as seeing a parent's face. d. Babies can use the social smile to communicate interest in an object.
                                     DIF: Moderate REF: Emotional and Social Development in Infancy-Baby, I'm Stuck on You OBJ: 3.2.1
                                                                                                                                                                  MSC: * (New Question) The fact that Maria, who is 10 months old, smiles when her daddy enters the room a. is purely haphazard. b. is a reaction Maria exhibits when people are
                                                                                                                                               KEY: Concept
                                                                                                                                                                PTS: 1
                                                                                                                                                                                   DIF: Moderate REF: Emotional and Social Development in Infancy-Baby, I'm Stuck on You OBJ: 3.2.1
                                                                                                                                                                                                                                                                                             KEY: Application Regarding early emotional
nearby that invites their attention. c. shows that Maria favors her father over her mother. d. indicates that Maria will have an easy temperament as a child. ANS: B
development, which of the following statements is FALSE? a. Experts agree that anger is the most common infant expression shown during the first year of life. b. By the age of eight to 12 months, infants smile more frequently when another person is nearby. c. Early emotional development follows a pattern closely tied to maturation. d. A child by the age of
three has a unique personality. ANS: A
                                               PTS: 1
                                                                  DIF: Moderate REF: Emotional and Social Development in Infancy-Baby, I'm Stuck on You OBJ: 3.2.1
                                                                                                                                                                             KEY: Concept A close emotional bond that infants form with parents, caregivers, or others is called a. separation anxiety. b. social referencing. c. emotional attachment.
d. imprinting. ANS: C
                                                  DIF: Easy REF: Emotional and Social Development in Infancy-Baby, I'm Stuck on You OBJ: 3.2.2
                                                                                                                                                        KEY: Fact The development of self-awareness, attachment to parents and caregivers, and relationships with other children and adults is referred to as __
                                                                          DIF: Easy REF: Emotional and Social Development in Infancy-Baby, I'm Stuck on You OBJ: 3.2.2
personality c. reciprocal d. transactional ANS: A
                                                       PTS: 1
                                                                                                                                                                                 KEY: Fact To investigate mother-infant relationships, which of the following researchers separated baby rhesus monkeys from their mothers at birth and replaced
them with wire and terry cloth surrogates (substitutes) mothers? a. B. F. Skinner b. Harry Harlow c. Jerome Kagan d. Jean Piaget ANS: B
                                                                                                                                          PTS: 1
                                                                                                                                                             DIF: Moderate REF: Emotional and Social Development in Infancy-Baby, I'm Stuck on You OBJ: 3.2.2
                                                                                                                                                                                                                                                                                           MSC: * (New Question) To investigate mother-
                                                                                                                                                                                                                                                                       KEY: Fact
infant relationships, Harry Harlow a. observed how rats care for their young in crowded environments. b. used the stranger situation with human mothers and their infants. c. observed whether mothers at birth and replaced them with wire and terry
cloth surrogate mothers. ANS: D
                                                             DIF: Moderate REF: Emotional and Social Development in Infancy-Baby, I'm Stuck on You OBJ: 3.2.2
                                                                                                                                                                      KEY: Fact
                                                                                                                                                                                          MSC: * (New Question) Harlow's studies of surrogate monkey mothers showed that a. infant monkeys preferred the terry cloth surrogate only when it was
the source of food. b. the wire surrogate was preferred because of its association with food. c. when frightened, the infant monkeys ran to the terry cloth surrogates for security and comfort. d. the attachment shown to the wire feeding mothers was identical to that displayed toward real monkey mothers. ANS: C
Moderate REF: Emotional and Social Development in Infancy-Baby, I'm Stuck on You OBJ: 3.2.2
                                                                                                   KEY: Concept
                                                                                                                      MSC: * (New Question) In the attachment study with baby monkeys and surrogate mothers, one made of wire and one made of terry cloth, the baby monkeys spent most of their time with a. the wire surrogate mother. b. the terry
                                                                                                                        PTS: 1
                                                                                                                                           DIF: Moderate REF: Emotional and Social Development in Infancy-Baby, I'm Stuck on You OBJ: 3.2.2
                                                                                                                                                                                                                                                      KEY: Fact
                                                                                                                                                                                                                                                                         MSC: * (New Question) When the infant monkeys in the attachment
cloth surrogate mother. c. whichever surrogate mother was the source of food. d. neither of the two surrogates ANS: B
study were frightened by rubber snakes, they a. ran to the surrogate mother for security. c. ran to the terry cloth surrogate mother for security. d. cowered in the corner of the cage in a disturbed manner. ANS: C
                                                                                                                                                                                                                                                                        PTS: 1
                                                                                                                                                                                                                                                                                           DIF: Moderate REF: Emotional and Social
Development in Infancy-Baby, I'm Stuck on You OBJ: 3.2.2
                                                               KEY: Fact
                                                                                  MSC: * (New Question) Harlow's finding that baby monkeys preferred the terry cloth surrogate mother to a wire mother demonstrated that importance of which of the following in the formation of emotional attachments? a. imprinting within critical periods b. contact
comfort c. attention and acceptance d. food ANS: B
                                                                                                                                                                                        KEY: Concept MSC: * (New Question) The pleasant, reassuring feeling infants get from touching something soft and warm, especially their mother, is
                                                           PTS: 1
                                                                              DIF: Moderate REF: Emotional and Social Development in Infancy-Baby, I'm Stuck on You OBJ: 3.2.2
                                                                                                                                                                                                                                                                MSC: * (New Question) Contact comfort refers to the a. instinctual bonding that
referred to as a. contact comfort. b. surrogate bonding. c. imprinting. d. unconditional positive regard. ANS: A
                                                                                                               PTS: 1
                                                                                                                                   DIF: Moderate REF: Emotional and Social Development in Infancy-Baby, I'm Stuck on You OBJ: 3.2.2
                                                                                                                                                                                                                                        KEY: Fact
occurs during the early stages of imprinting. b. surrogate bonding that takes place between any adult and a child. c. attention and support that one receives as part of the conditions of worth. d. pleasant, reassuring feeling infants get from touching something soft and warm, especially their mother. ANS: D
                                                                                                                                                                                                                                                                                                                       DIF: Moderate
                                                                                                                                                                                                                                                                                                   PTS: 1
REF: Emotional and Social Development in Infancy-Baby, I'm Stuck on You OBJ: 3.2.2 KEY: Fact MSC: * (New Question) Which of the following may underlie the tendency of children to become attached to inanimate objects, such as blankets or stuffed toys? a. imprinting b. conditions of worth c. contact comfort d. egocentrism ANS:
                               DIF: Easy REF: Emotional and Social Development in Infancy-Baby, I'm Stuck on You OBJ: 3.2.2
                                                                                                                                     KEY: Fact
                                                                                                                                                      MSC: * (New Question) The sensitive period during which emotional attachment must occur for optimal development is the a. first few hours after birth. b. first two weeks of life. c. first four
                                                                    DIF: Moderate REF: Emotional and Social Development in Infancy-Baby, I'm Stuck on You OBJ: 3.2.2 KEY: Fact Regarding emotional attachment, which of the following statements is FALSE? a. A mother usually does not feel attached to her baby until the baby is
around two months old. b. For the first couple of months, babies respond more or less equally to everyone. c. By two or three months, babies generally become truly attached to their mothers, crawling after her if they can. ANS: A
                                                                                                                                                                                                                                                                                                                       DIF: Moderate
REF: Emotional and Social Development in Infancy-Baby, I'm Stuck on You OBJ: 3.2.2
                                                                                      KEY: Fact A mother usually begins to feel attached to her baby a. before birth. b. about one month after the baby's birth. c. when the baby is three to four months of age. d. when the baby is around seven months of age. ANS: A
     Moderate REF: Emotional and Social Development in Infancy-Baby, I'm Stuck on You OBJ: 3.2.2
                                                                                                         KEY: Fact At what age do babies generally become truly attached to their mothers, crawling after her if they can, with attachments to other people occurring shortly thereafter? a. three months b. seven months c. 11 months d. 16 months ANS:
                               DIF: Moderate REF: Emotional and Social Development in Infancy-Baby, I'm Stuck on You OBJ: 3.2.2
                                                                                                                                       KEY: Fact Which of the following most clearly demonstrates the existence of emotional attachment in humans? a. separation anxiety b. learning to walk c. imprinting d. language development ANS:
            PTS: 1
                               DIF: Easy REF: Emotional and Social Development in Infancy-Baby, I'm Stuck on You OBJ: 3.2.3
                                                                                                                                     KEY: Concept Crying and signs of fear displayed by infants when they are left alone or with a stranger is referred to as a. separation anxiety. b. social referencing. c. imprinting. d. insecure-avoidant attachment.
ANS: A
                                     DIF: Easy REF: Emotional and Social Development in Infancy-Baby, I'm Stuck on You OBJ: 3.2.3
                                                                                                                                                              MSC: * (New Question) A child will usually first display separation anxiety around the ages of a. four to six months. b. eight to 12 months. c. 15 to 30 months. d. 36 months to 4 years.
                                                                                                                                           KEY: Fact
ANS: B
                                     DIF: Moderate REF: Emotional and Social Development in Infancy-Baby, I'm Stuck on You OBJ: 3.2.3
                                                                                                                                               KEY: Fact Eric's father is in the military and has been away from home for over nine months without leave and has not seen his son since Eric was two months old. Eric's father comes home and is
anxious to spend time with his wife and son. However, during the first few hours of his return, 11-month-old Eric cries and screams when he is alone with his father (without his mother being present). Eric is exhibiting a. infantile amnesia. b. motherese. c. egocentrism. d. separation anxiety. ANS: D
Emotional and Social Development in Infancy-Baby, I'm Stuck on You OBJ: 3.2.3
                                                                                  KEY: Application Baby Rafael cries when his mother leaves him with a new babysitter. This is indicative of a. separation anxiety. b. social referencing. c. insecure-avoidant attachment. d. the need to find a new primary caregiver. ANS: A
                                                                                                                                                                                                                                                                                                                         PTS:
            DIF: Easy REF: Emotional and Social Development in Infancy-Baby, I'm Stuck on You OBJ: 3.2.3 KEY: Application The storm of crying, or bedtime distress, that sometimes occurs when babies are left alone at night can be considered a mild form of a. separation anxiety. b. social referencing. c. egocentrism. d. insecure-avoidant
                                                 DIF: Easy REF: Emotional and Social Development in Infancy-Baby, I'm Stuck on You OBJ: 3.2.3 KEY: Concept The bedtime distress that occurs when babies are left alone at night can sometimes be eased with the presence of a stuffed animal or favorite blanket, which are known as a.
imaginary playmates. b. security objects. c. scaffolding objects. d. transformational distractions. ANS: B
                                                                                                          PTS: 1
                                                                                                                             DIF: Easy REF: Emotional and Social Development in Infancy-Baby, I'm Stuck on You OBJ: 3.2.3 KEY: Concept After the death of her grandmother, six-year-old Janie was reluctant to get out of the car when
her mother dropped her off at school, refused to go over to her best friend's house to play, and tended to cling to her parents after social referencing. b. an insecure-avoidant attachment. c. separation anxiety disorder. d. abnormal imprinting. ANS: C
            DIF: Moderate REF: Emotional and Social Development in Infancy-Baby, I'm Stuck on You OBJ: 3.2.3
                                                                                                                      KEY: Application After moving to a new city, seven-year-old Marta tended to cling to her mother whenever they went to the playground, never venturing more than a few feet away. When school started, Marta would beg her
mother to walk the two blocks with her every morning and afternoon rather than walking with her aunt and cousin. Marta told her mother to be showing signs of a. inappropriate social referencing. b. an insecure-avoidant attachment. c.
                                                                                                                                                                                               KEY: Application Regarding separation anxiety disorder, which of the following statements is FALSE? a. Only about one out of 100 children suffer
separation anxiety disorder. d. abnormal imprinting. ANS: C
                                                                                     DIF: Moderate REF: Emotional and Social Development in Infancy-Baby, I'm Stuck on You OBJ: 3.2.3
from separation anxiety disorder at some point in their lives. b. Many children with separation anxiety disorder tend to grow out of it. d. If separation anxiety is intense or lasts more than a month, parents should seek professional help for the child.
                                     DIF: Moderate REF: Emotional and Social Development in Infancy-Baby, I'm Stuck on You OBJ: 3.2.3
                                                                                                                                             KEY: Concept According to Mary Ainsworth, the quality of attachment is revealed by a. the goodness-of-fit between a baby's temperament and their parents' temperaments. b. a baby's vocalization
                                                                                                                                                                                                                                                  DIF: Moderate REF: Emotional and Social Development in Infancy-Baby, I'm Stuck on You
toward their parents and their use of social referencing. c. how babies act when their mothers leave them alone and then return a short time later. d. how much the child clings to the parent when they are in need of comfort. ANS: C
                                                                                                                                                                                                                               PTS: 1
                                                                                                                                                                                                                                                             PTS: 1
                  KEY: Concept Which of the following psychologists described the three attachment styles of securely attached, insecure-avoidant, and insecure-ambivalent? a. Mary Ainsworth b. Diana Baumrind c. Erik Erikson d. Lawrence Kohlberg ANS: A
                                                                                                                                                                                                                                                                                DIF: Moderate REF: Emotional and Social Development in
                                                                  MSC: * (New Question) Which of the following is NOT one of the attachment styles described by Mary Ainsworth? a. securely attached b. insecure-agitated c. insecure-avoidant d. insecure-ambivalent ANS: B
                                                KEY: Fact
                                                                                                                                                                                                                                                                               PTS: 1
                                                                                                                                                                                                                                                                                                   DIF: Moderate REF: Emotional and
Social Development in Infancy-Baby, I'm Stuck on You OBJ: 3.2.3
                                                                    KEY: Fact When her mother leaves, Linda cries. When her mother returns, Linda crawls into her lap. According to Mary Ainsworth, Linda's attachment would be described as a. securely attached. b. secure-avoidant. c. insecure-avoidant. d. insecure-ambivalent. ANS: A
                  DIF: Moderate REF: Emotional and Social Development in Infancy-Baby, I'm Stuck on You OBJ: 3.2.3 KEY: Application Lee Ann is visibly upset when her mother returns after a few minutes absence, Lee Ann rushes to greet her mother and hugs her mother's legs. According to Mary
Ainsworth's research, Lee Ann is exhibiting which type of attachment? a. securely attached b. insecure-avoidant c. insecure-ambivalent d. disorganized-disoriented ANS: A
                                                                                                                                                                         PTS: 1
                                                                                                                                                                                            DIF: Difficult REF: Emotional and Social Development in Infancy-Baby, I'm Stuck on You OBJ: 3.2.3
                                                                                                                                                                                                                                                                                                   KEY: Application You leave your child
                                                                                                                                                                                                               PTS: 1
                                                                                                                                                                                                                                  DIF: Moderate REF: Emotional and Social Development in Infancy-Baby, I'm Stuck on You OBJ:
with a babysitter. When you return, your child ignores you. Your child's behavior indicates which type of attachment? a. securely attached b. secure-distractable c. insecure-avoidant d. insecure-ambivalent ANS: C
                                                                                                                                                                                                                                 PTS: 1
            KEY: Application In which style of attachment do infants tend to turn away from the mother when she returns to the room? a. securely attached b. secure-distractable c. insecure-avoidant d. insecure-ambivalent ANS: C
                                                                                                                                                                                                                                                    DIF: Moderate REF: Emotional and Social Development in Infancy-Baby, I'm Stuck on
                       KEY: Concept You go to a movie and leave your child with the babysitter. When you return, your child gets near you but angrily resists being touched. Your child's behavior is suggestive of which type of attachment? a. securely attached b. secure-disorganized c. insecure-avoidant d. insecure-ambivalent ANS: D
                  Difficult REF: Emotional and Social Development in Infancy-Baby, I'm Stuck on You OBJ: 3.2.3 KEY: Application Abby's mother leaves the room. When her mother returns, Abby runs to greet her mother returns, Abby runs to greet her mother returns, Abby runs to greet her mother reaches to pick her up, Abby pulls away and screams out "no." According to Mary Ainsworth's
research, Abby is exhibiting a(n) a. secure attachment. b. insecure-ambivalent attachment. c. insecure-avoidant attachment. d. separation anxiety disorder. ANS: B
                                                                                                                                                                PTS: 1 DIF: Difficult REF: Emotional and Social Development in Infancy-Baby, I'm Stuck on You OBJ: 3.2.3
                                                                                                                                                                                                                                                                                             KEY: Application In the United States, about
                                                                                                                                                                            PTS: 1
two thirds of all children from middle-class families show a(n) _____ attachment. a. secure b. insecure-ambivalent c. insecure-avoidant d. insecure-disorganized ANS: A
                                                                                                                                                                                               DIF: Easy REF: Emotional and Social Development in Infancy-Baby, I'm Stuck on You OBJ: 3.2.3
                                                                                                                                                                                                                                                                                                                                PTS:
Question) According to research by Collins and Gunnar, infants who were securely attached by the age of one year a. showed more curiosity and problem-solving ability in preschool. d. exhibited poor peer relations in preschool. ANS: C
            DIF: Moderate REF: Emotional and Social Development in Infancy-Baby, I'm Stuck on You OBJ: 3.2.3 KEY: Fact Children who were raised in severely overcrowded orphanages and got almost no attention from adults for the first year or two of their lives a. were able to readily establish secure attachments once adopted. b. craved
                                                                                                                                                                                                                                             PTS: 1
constant attention and wanted to be held a great deal of the time. c. were more fearful of strangers once they established an attachment with their adoptive families. d. were anxious and remote and would not make eye contact with others. ANS: D
                                                                                                                                                                                                                                                                 DIF: Moderate REF: Emotional and Social Development in Infancy-Baby,
                                   KEY: Fact Many researchers believe that our first attachments to our parents a. influence how we relate to our friends and lovers. b. occur during the first hours of life as part of a critical period. c. are influenced by an evolutionary pattern that cannot be altered. d. have little influence on our social behaviors as adults.
                                     DIF: Easy REF: Emotional and Social Development in Infancy-Baby, I'm Stuck on You OBJ: 3.2.3
                                                                                                                                          KEY: Concept Sarah believes that most people are well intentioned. She is comfortable relying on her husband and friends and having them depend on her. Sarah does not worry about being abandoned by
her husband. According to the research on adult attachment style, Sarah would be described as having a(n) _____ attachment style. a. ambivalent b. avoidant c. secure d. dependent ANS: C
                                                                                                                                                                                                PTS: 1
                                                                                                                                                                                                                    DIF: Moderate REF: Emotional and Social Development in Infancy-Baby, I'm Stuck on You OBJ: 3.2.3
Application Sam has difficulty trusting the women he has dated in recent years. They have all seemed too eager to seek commitment from him. So, when the relationship gets too close, he pulls back and the relationship breaks up. According to the research on adult attachment style, Sam would be described as having a(n)_
                                                                                                                                                                                                                                                                                                                    attachment style. a.
                                                               PTS: 1
ambivalent b. avoidant c. secure d. independent ANS: B
                                                                                  DIF: Difficult REF: Emotional and Social Development in Infancy-Baby, I'm Stuck on You OBJ: 3.2.3 KEY: Application Carmen has often felt misunderstood and unappreciated in her relationships and even believes her boyfriend and friends to be somewhat
unreliable. She would love to feel closer to her them but cannot bring herself to trust them. According to the research on adult attachment style, Carmen would be described as having a(n) ______ attachment style. a. ambivalent b. avoidant c. secure d. independent ANS: A
                                                                                                                                                                                                                                                                                              DIF: Difficult REF: Emotional and Social
Development in Infancy-Baby, I'm Stuck on You OBJ: 3.2.3
                                                               KEY: Application Most adults have an attachment to friends and lovers, that is marked by caring, supportiveness, and understanding and is referred to as a(n) ______ attachment style. a. ambivalent b. avoidant c. secure d. democratic ANS: C
Moderate REF: Emotional and Social Development in Infancy-Baby, I'm Stuck on You OBJ: 3.2.3 KEY: Concept A person who has a tendency to resist intimacy and commitment to others has a(n)
                                                                                                                                                                                                         attachment style. a. ambivalent b. avoidant c. secure d. independent ANS: B
                                                                                                                                                                                                                                                                                                                 DIF: Moderate REF:
Emotional and Social Development in Infancy-Baby, I'm Stuck on You OBJ: 3.2.3
                                                                                  KEY: Concept Chapter 5: States of Consciousness MULTIPLE CHOICE A college student drifting into a pleasant daydream while sitting at the back of class, three businesswomen having wine at a wine bar, and an actor consulting a hypnotist to reduce stage fright
are all a. experiencing the third-person experience. b. experiencing different states of consciousness. c. exhibiting unconscious drives for success. d. exhibiting narcissistic personalities. ANS: B
                                                                                                                                                                                            PTS: 1
                                                                                                                                                                                                                DIF: Easy
                                                                                                                                                                                                                                   REF: Grand, Indeed! OBJ: 5.1.1
                                                                                                                                                                                                                                                                           KEY: Application MSC: * (New Question) While a college
student spends a day exploring in a fully conscious state of mindfulness meditation, a man in a hospital lies deep in a coma after surviving a horrendous traffic accident. Both of these individuals are a experiencing the third-person experience. b. experiencing different states of consciousness. c. exhibiting unconscious transference. d. exhibiting a non-REM
                                                                    REF: Grand, Indeed! OBJ: 5.1.1 KEY: Application MSC: * (New Question) a. that one is awake. b. that one is aware. c. that one is completely alert. d. none of these. ANS: B
                                                DIF: Easy
                                                                                                                                                                                                                                                            PTS: 1
                                                                                                                                                                                                                                                                               DIF: Moderate REF: States of Consciousness-The Many
                                                                                                                                                                                                                                         DIF: Easy REF: States of Consciousness-The Many Faces of Awareness OBJ: 5.1.1 KEY:
Faces of Awareness OBJ: 5.1.1 KEY: Fact Consciousness consists of all of the following EXCEPT a. sensations and perceptions. b. altered states (ASCs). c. memories and feelings. d. artificial intelligence (AI). ANS: D
                                                                                                                                                                                                                     PTS: 1
Concept MSC: * (New Question) Which of the following consists of all the sensations, perceptions, memories, and feelings you are aware of at any instant? a. alertness b. personality c. consciousness d. intelligence ANS: C
                                                                                                                                                                                                                             PTS: 1
                                                                                                                                                                                                                                                DIF: Moderate REF: States of Consciousness-The Many Faces of Awareness OBJ: 5.1.1
                                                                                                                                                                                                  DIF: Moderate REF: States of Consciousness-The Many Faces of Awareness OBJ: 5.1.1 KEY: Concept Regarding the first-person
KEY: Fact We cannot know the first-person experience of a. lower animals, like bats or cats. b. primates other than humans. c. other humans. d. any of these organisms. ANS: D
                                                                                                                                                                               PTS: 1
experience, which of the following statements is FALSE? a. We can learn a lot about humans and other animals. c. We cannot know the first-person experience of other persons. d. The difficulty of knowing other minds is why introspection
replaced behaviorism early in psychology's history. ANS: D
                                                                  PTS: 1
                                                                                     DIF: Moderate REF: States of Consciousness-The Many Faces of Awareness OBJ: 5.1.1 KEY: Fact
                                                                                                                                                                                              MSC: * (New Question) The difficulty of knowing other minds is why the technique of introspection was replaced with more objective measures by the
                                                                                                       DIF: Moderate REF: States of Consciousness-The Many Faces of Awareness OBJ: 5.1.1 KEY: Fact The difficulty of knowing other minds is why the early behaviorist replaced which of the following with more objective measures? a.
                                                                                    PTS: 1
early a. psychoanalysts. b. behaviorists. c. humanists. d. structuralists. ANS: B
                                                                                  PTS: 1
                                                                                                                                                                                                          MSC: * (New Question) Because the mind and consciousness are fundamentally first-person phenomena, the basic challenge of
introspection b. stimulus control c. conditioning d. response chaining ANS: A
                                                                                                     DIF: Moderate REF: States of Consciousness-The Many Faces of Awareness OBJ: 5.1.1 KEY: Fact
                                                      studies. a. intuitive b. subjective c. objective d. parapsychology ANS: C
                                                                                                                                     PTS: 1
                                                                                                                                                        DIF: Moderate REF: States of Consciousness-The Many Faces of Awareness OBJ: 5.1.1 KEY: Fact We spend most of our lives in a state of consciousness that is organized, meaningful,
understanding the brain and behavior is to use _
and clear and is referred to as a. a state of ASCs. b. waking consciousness. c. an altered state of consciousness. d. microsleeps. ANS: B
                                                                                                                                         PTS: 1
                                                                                                                                                            DIF: Moderate REF: States of Consciousness-The Many Faces of Awareness OBJ: 5.1.2 KEY: Fact When a person is in a state of clear, organized alertness and perceives times,
places, and events as real, meaningful, and familiar, he or she is said to be a. in waking consciousness. b. experiencing a state similar to non-REM. c. experiencing sensory overload. d. in an altered state of consciousness. ANS: A
                                                                                                                                                                                                                               PTS: 1
                                                                                                                                                                                                                                                  DIF: Moderate REF: States of Consciousness-The Many Faces of Awareness OBJ: 5.1.2
KEY: Concept Long-distance running, listening to music, sleep, and daydreaming are just some of the everyday ways to produce a. preconsciousness. b. altered states of consciousness. c. sensory enhancement. d. simulated information processing. ANS: B
                                                                                                                                                                                                                                                         PTS: 1
                                                                                                                                                                                                                                                                            DIF: Easy REF: States of Consciousness-The Many Faces of
Awareness OBJ: 5.1.2 KEY: Concept The low levels of awareness associated with strokes and other forms of brain damage are examples of a. preconsciousness. b. altered states of consciousness. c. sensory gating. d. simulated states of consciousness. ANS: B
                                                                                                                                                                                                                                                               PTS: 1
                                                                                                                                                                                                                                                                                  DIF: Easy REF: States of Consciousness-The Many
Faces of Awareness OBJ: 5.1.2 KEY: Concept MSC: * (New Question) During an altered state of consciousness, changes occur in the quality of mental activity as well as in which other aspect of mental activity? a. assimilation b. length c. pattern d. sensory gating ANS: C
                                                                                                                                                                                                                                                                            PTS: 1
                                                                                                                                                                                                                                                                                               DIF: Moderate REF: States of
Consciousness-The Many Faces of Awareness OBJ: 5.1.2 KEY: Concept MSC: * (New Question) Psychologists identify a condition of awareness b. simulated information processing. c. an altered state of consciousness. d. sensory enhancement. ANS:
                               DIF: Moderate REF: States of Consciousness-The Many Faces of Awareness OBJ: 5.1.2 KEY: Fact Regarding altered state of consciousness, there are distinct shifts in our memories, time sense, emotions, and
suggestibility. b. "Highway hypnotism" on long drives is an example of an altered state of consciousness. c. Most people do not know when they have experienced an altered state of consciousness. d. Heightened self-awareness is an important feature of many ASCs. ANS: C
Consciousness-The Many Faces of Awareness OBJ: 5.1.2 KEY: Concept MSC: * (New Question) An important feature of many altered self-awareness. c. cataplexy. d. amnesia for the period of time that one is in this state. ANS: B
                                                                                                              MSC: * (New Question) One thing that cocaine, "highway hypnosis," high fever, and meditation all have in common is that they produce a. hypnagogic images. b. relaxation. c. euphoria. d. ASCs. ANS: D
            DIF: Easy REF: States of Consciousness-The Many Faces of Awareness OBJ: 5.1.2 KEY: Fact
            DIF: Moderate REF: States of Consciousness-The Many Faces of Awareness OBJ: 5.1.2 KEY: Concept Regarding altered states of consciousness (ASCs), which of the following statements is FALSE? a. An unconscious person will die without constant care. b. Recently, scientists have been able to explain specifically how consciousness
occurs. c. Most people know when they have experienced an altered state of consciousness. d. It is possible to identify various states of consciousness and to explore the role they play in our lives. ANS: B
                                                                                                                                                                                                                           DIF: Moderate REF: States of Consciousness-The Many Faces of Awareness OBJ: 5.1.2 KEY: Fact During which
                                                                                                                                                                                                       PTS: 1
ritual do several men sit in total darkness inside a small chamber heated by coals and chant rhythmically? a. Sioux sweat lodge ceremony b. Hindu mystics yoga practices c. ceremonies of the Whirling Dervishes of Turkey d. nightlong ritual of the Maori Tohunga in New Zealand ANS: A
                                                                                                                                                                                                                                                                                                     DIF: Easy REF: States of
Consciousness-The Many Faces of Awareness OBJ: 5.1.3 KEY: Fact Which of the following statements does NOT describe the sweat lodge ceremony of the Sioux Indians? a. It is meant to cleanse the body and mind. b. It is performed in a dark coal-heated chamber. c. It often brings about an altered state of consciousness. d. It often causes a sensory
                                                                                                                                                                            MSC: * (New Question) What do the Yoga practices of Hindu mystics, the dances of the Whirling Dervishes of Turkey, and the sweat lodge ceremony of the Sioux Indians
overload that can lead to cataplexy. ANS: D
                                                   PTS: 1
                                                                       DIF: Easy REF: States of Consciousness-The Many Faces of Awareness OBJ: 5.1.3 KEY: Fact
all have in common? a. They are used as a rite of passage for the young men in each culture. b. They are all considered illegal practices in most Western cultures. d. They have all of these characteristics in common. ANS: B
            DIF: Moderate REF: States of Consciousness-The Many Faces of Awareness OBJ: 5.1.3 KEY: Fact Regarding altered states we seek and attain. b. The meanings given to altered states have included signs of madness, spirit
possession, and life-enhancing breakthroughs. c. Very few cultures or religions recognize and accept alterations of consciousness. d. Some people seek various altered states of pleasure, while others see altered states of consciousness as pathways to enlightenment. ANS: C
                                                                                                                                                                                                                                                                         PTS: 1
                                                                                                                                                                                                                                                                                             DIF: Easy REF: States of Consciousness-
The Many Faces of Awareness OBJ: 5.1.3 KEY: Fact Each of us will spend approximately how many years of life asleep? a. five b. 15 c. 20 d. 25 ANS: D
                                                                                                                                                                                DIF: Moderate REF: Sleep-Catching a Few ZZZ's OBJ: 5.2.1
                                                                                                                                                                                                                                                        KEY: Fact Regarding the state of sleep in humans, which of the following statements is
                                                                                                                                                             PTS: 1
FALSE? a. We are totally unresponsive while asleep. b. We can perform very simple tasks while asleep. c. We cannot learn complex skills while asleep. d. We can respond to familiar sounds and words, such as our names, while asleep. ANS: A
                                                                                                                                                                                                                                                               DIF: Moderate REF: Sleep-Catching a Few ZZZ's OBJ: 5.2.1
KEY: Concept Regarding sleep, which of the following statements is FALSE? a. A good sleep helps people to remember what they learned the day before. b. Some people can learn very complex tasks while asleep, such as learning a foreign language. c. You are more likely to awaken if you hear your own name spoken instead of another name. d. Humans
                                                                                                                                                              KEY: Concept Which of the following could you learn to do in your sleep? a. math b. foreign language c. touch a switch on cue d. dream analysis ANS: C
will spend approximately 25 years of their life asleep. ANS: B
                                                                    PTS: 1
                                                                                      DIF: Moderate REF: Sleep-Catching a Few ZZZ's OBJ: 5.2.1
            DIF: Moderate REF: Sleep-Catching a Few ZZZ's OBJ: 5.2.1
                                                                                     KEY: Application Regarding sleep, which of the following statements is FALSE? a. Humans are unable to respond to environmental cues when asleep involves a complete loss of consciousness. b. Not all animals sleep. c. Dolphins are able to voluntarily
breathe air and sleep without drowning by sleeping on just one side of the brain at a time. d. Sleep is an innate biological rhythm. ANS: A
                                                                                                                                         PTS: 1
                                                                                                                                                             DIF: Moderate REF: Sleep-Catching a Few ZZZ's OBJ: 5.2.1
                                                                                                                                                                                                                                     KEY: Fact
                                                                                                                                                                                                                                                        MSC: * (New Question) Dolphins are able to sleep without drowning because they a.
have gills, like fish do. b. have a special opening that allows air in but not water. c. sleep on just one side of their brain at a time. d. inflate their bodies before sleep, which maintains them floating upright so they can breathe without taking in any water. ANS: C
                                                                                                                                                                                                                                                         PTS: 1
                                                                                                                                                                                                                                                                            DIF: Difficult REF: Sleep-Catching a Few ZZZ's OBJ:
                                                                                                                                                                                                                                                                          DIF: Moderate REF: Sleep-Catching a Few ZZZ's OBJ:
            KEY: Fact Sleep is characterized by all of the following EXCEPT for a. being an innate biological rhythm. b. being necessary for life in humans. c. giving way temporarily in times of great danger. d. being a total loss of consciousness. ANS: D
                                                                                                                                                                                                                                                      PTS: 1
                                                                                                                                                                                                                                               DIF: Moderate
5.2.1
            KEY: Concept Any repeating cycle of biological activity, such as sleep and waking cycles or changes in body temperature, is known as a(n) a. ASC. b. biological rhythm. c. condensation. d. REM rebound. ANS: B
                                                                                                                                                                                                                                                                  REF: Sleep-Catching a Few ZZZ's OBJ: 5.2.1
                                                                                                                                                                                                                                                                                                                       KEY: Fact A rare
disease that prevents sleep a. often causes the person to develop manic-depression. b. usually occurs in two-week intervals. c. usually occurs in combination with Alzheimer's disease. d. always ends with stupor, coma, and death. ANS: D
                                                                                                                                                                                                                                       PTS: 1
                                                                                                                                                                                                                                                          DIF: Moderate REF: Sleep-Catching a Few ZZZ's OBJ: 5.2.2
                                                                                                                                                                                                                                                            KEY: Fact Regarding people who have experienced extreme sleep deprivation,
Concept Being prevented from getting desired or needed amounts of sleep is known as a. hypersomnia. b. insomnia. c. sleep deprivation. d. sleep apnea. ANS: C
                                                                                                                                                                 PTS: 1
                                                                                                                                                                                    DIF: Easy
                                                                                                                                                                                                       REF: Sleep-Catching a Few ZZZ's OBJ: 5.2.2
which of the following statements is FALSE? a. Randy Gardner at age 17 holds the official Guinness Book record for sleep deprivation. b. After Randy Gardner went 264 hours without sleep, he needed three days of sleep to get over this 11-day sleep loss. c. Sleep deprivation competitions are no longer recognized by the Guinness Book due to possible
                                                                                                                                                                                         DIF: Moderate REF: Sleep-Catching a Few ZZZ's OBJ: 5.2.2
                                                                                                                                                                                                                                                                                    MSC: * (New Question) Most symptoms of sleep
health risks. d. With few exceptions, most people after four or more days of sleep loss would show hypersomnia, slurred speech, and increased pain sensitivity. ANS: B
                                                                                                                                                                      PTS: 1
                                                                                                                                                                                                                                                                 KEY: Fact
                                                                                                                                                                                           DIF: Moderate REF: Sleep-Catching a Few ZZZ's OBJ: 5.2.2
                                                                                                                                                                                                                                                                    KEY: Concept After prolonged sleep deprivation, a person getting his or
deprivation a. are reversed by a single night's rest. b. require a long period of bed rest for recovery. c. are irreversible. d. can be prevented by consuming caffeine. ANS: A
                                                                                                                                                                        PTS: 1
her first night of sleep will a. have difficulty sleeping. b. feel compelled to replace lost sleep by sleeping late for several days. c. find that most symptoms are reversed by a single night's sleep. d. still feel badly for at least five days until the effect of sleep loss wears off. ANS: C
                                                                                                                                                                                                                                                                        PTS: 1
                                                                                                                                                                                                                                                                                            DIF: Moderate REF: Sleep-Catching a
                             KEY: Concept Sleep loss can cause all of the following EXCEPT for a. slurred speech and inability to name common objects. b. decreased pain sensitivity. c. inability to concentrate or remember clearly. d. trembling hands, irritability, and staring. ANS: B
                                                                                                                                                                                                                                                                                                     DIF: Moderate REF: Sleep-
Catching a Few ZZZ's OBJ: 5.2.2
                                       KEY: Concept LaMonte had trouble concentrating in class today. His roommate noticed that LaMonte's hands are trembling; his speech is slurred; and he is having trouble even naming common objects. LaMonte is most likely suffering from a sleep loss. b. somnambulism. c. lucid dreaming. d. narcolepsy. ANS:
                               DIF: Moderate REF: Sleep-Catching a Few ZZZ's OBJ: 5.2.2
                                                                                                       KEY: Application MSC: * (New Question) After even a few hours of sleep loss, most people experience excessive daytime sleepiness known as a. hypersomnia. b. somnambulism. c. insomnia. d. sleep apnea. ANS: A
            DIF: Moderate
                               REF: Sleep-Catching a Few ZZZ's OBJ: 5.2.2
                                                                                    KEY: Fact Because 15-year-old Lisa stays up late texting her friends and then gets up early for school, she tends to be very sleepy in class, a condition common to teenagers known as a. insomnia. b. narcolepsy. c. hypersomnia. d. hypnopompic conditioning. ANS:
                               DIF: Moderate REF: Sleep-Catching a Few ZZZ's OBJ: 5.2.2
                                                                                                        KEY: Application Rapid physical changes during puberty have what effect on the adolescent's need for sleep? a. increases the adolescent's need for sleep b. slightly decreases the adolescent's need for sleep c. significantly decreases the
                                                                                                              DIF: Moderate REF: Sleep-Catching a Few ZZZ's OBJ: 5.2.2
                                                                                                                                                                                       KEY: Concept MSC: * (New Question) Regarding teenagers and sleep, which of the following statements is FALSE? a. Rapid physical changes during
adolescent's need for sleep d. has no effect on the adolescent's need for sleep ANS: A
                                                                                            PTS: 1
puberty decrease the adolescent's need for sleep. b. The quality of sleep time tends to decrease during the teen years. c. Hypersomnia is a common problem in adolescents. d. The quantity of sleep time tends to decrease during the teen years. ANS: A
                                                                                                                                                                                                                                                    PTS: 1
                                                                                                                                                                                                                                                                       DIF: Moderate REF: Sleep-Catching a Few ZZZ's OBJ:
            KEY: Fact During the teen years, the quality and quantity of sleep time tends to a. increase. b. decrease. c. become more stable. d. show no change from childhood. ANS: B
                                                                                                                                                                                        PTS: 1
                                                                                                                                                                                                           DIF: Moderate REF: Sleep-Catching a Few ZZZ's OBJ: 5.2.2
                                                                                                                                                                                                                                                                                   KEY: Fact
                                                                                                                                                                                                                                                                                                       MSC: * (New Question) You are
studying for a string of five finals in a row, and you haven't slept in the last two days. You will probably a. have trouble doing interesting and complex mental tasks. c. have increased pain tolerance. d. exhibit all of these characteristics. ANS: A
REF: Sleep-Catching a Few ZZZ's OBJ: 5.2.2
                                                   KEY: Application If you suffered a couple of days of sleep deprivation, which of the following would most likely occur? a. hallucinations and delusions b. loss of ability to pay attention and perform simple routine tasks c. loss of ability to do interesting and complex mental tasks d. decreased pain
                                                                 REF: Sleep-Catching a Few ZZZ's OBJ: 5.2.2
sensitivity ANS: B
                                               DIF: Difficult
                                                                                                                    KEY: Concept Which of the following is NOT a common reaction to a sleep loss of two days? a. trouble doing interesting and complex mental tasks. b. trouble doing simple or boring routines c. increased pain sensitivity d. more
                                                               DIF: Moderate REF: Sleep-Catching a Few ZZZ's OBJ: 5.2.2 / 5.2.3 KEY: Fact Regarding the function of sleep loss, which of the following statements is FALSE? a. If you lose just one hour of sleep a night, it can affect your mood, memory, ability to pay
susceptible to microsleeps ANS: A
                                           PTS: 1
attention, and even your health. b. Most people who have not slept for a day or two can still do interesting or complex mental tasks. c. Brief shifts in brain activity to the pattern normally recorded during sleep and take a short nap. ANS:
                                     Moderate REF: Sleep-Catching a Few ZZZ's OBJ: 5.2.2 / 5.2.3 KEY: Fact
                                                                                                                          MSC: * (New Question) As he drives to work, Gerald experienced a momentary shift in brain wave activity to the pattern normally recorded during sleep. Gerald just experienced a. a REM rebound. b. hypnopompic sleep. c. a
                                                                DIF: Moderate REF: Sleep-Catching a Few ZZZ's OBJ: 5.2.3
                                                                                                                                        KEY: Application MSC: * (New Question) Microsleep would most likely occur a. during Stage 3 sleep. b. just before one awakens in the morning. c. during sensory restriction treatment. d. due to sleep
microsleep. d. waking sleep. ANS: C
                                             PTS: 1
                                                 DIF: Moderate REF: Sleep-Catching a Few ZZZ's OBJ: 5.2.3
deprivation. ANS: D
                              PTS: 1
                                                                                                                         KEY: Concept Regarding sleep loss and microsleeps, which of the following statements is FALSE? a. If a task is monotonous, no amount of sleep loss is safe from the occurrence of microsleeps. b. A hundred thousand
                                                                                                                                                                                                                                                   DIF: Moderate REF: Sleep-Catching a Few ZZZ's OBJ: 5.2.3
automobile crashes every year are caused by sleepiness. c. Even if your eyes are open, you can fall asleep for a few seconds. d. Lower animals, such as dogs, cats, and rats do not experience microsleep, only humans do. ANS: D
                                                                                                                                                                                                                               PTS: 1
                                                                                                                                                                                            DIF: Moderate REF: Sleep-Catching a Few ZZZ's OBJ: 5.2.3
                                                                                                                                                                                                                                                                   KEY: Application You are struggling to stay awake while driving and realize
Many automobile accidents are thought to occur during momentary shifts in brain activity called a. REM sleep. b. non-REM sleep. c. microsleep. d. sleep spindles. ANS: C
                                                                                                                                                                        PTS: 1
                                                                                                                                                                              PTS: 1
                                                                                                                                                                                                 DIF: Moderate
that you may have "dozed off" for a few seconds. This shift in your brain activity is called a. a sleep spindle. b. a microsleep. c. somnambulism. d. a sensory deprivation. ANS: B
                                                                                                                                                                                                                    REF: Sleep-Catching a Few ZZZ's OBJ: 5.2.3
                                                                                                                                                                                                                                                                         KEY: Application Lowering body and brain activity and metabolism
during sleep may help conserve energy and lengthen life, according to which theories of sleep? a. activation-synthesis b. repair/restorative c. sensory gating d. neurocognitive ANS: B
                                                                                                                                                                                   PTS: 1
                                                                                                                                                                                                       DIF: Easy
                                                                                                                                                                                                                          REF: Sleep-Catching a Few ZZZ's OBJ: 5.2.4
                                                                                                                                                                                                                                                                              KEY: Fact
                                                                                                                                                                                                                                                                                                  MSC: * (New Question) According to the
repair/restorative theories, sleep does all of the following EXCEPT a. regulate the immune system. b. regulate body temperature. c. increase metabolism. d. aid in the development and repair of brain. ANS: C
                                                                                                                                                                                                                             DIF: Moderate REF: Sleep-Catching a Few ZZZ's OBJ: 5.2.4
                                                                                                                                                                                                          PTS: 1
                                                                                                                                                                                                                                                                                                     KEY: Fact
Question) Regarding the repair/restorative theories of sleep, which of the following statements is FALSE? a. Sleep helps keep the body and brain healthy by regulating its temperature and immune system. b. Lowering body and brain healthy by regulating its temperature and immune system.
it can affect your mood, memory, ability to pay attention, and even your health. d. Biologically, sleep is considered a luxury, not a necessity. ANS: D
                                                                                                                                                                      DIF: Moderate
                                                                                                                                                                                          REF: Sleep-Catching a Few ZZZ's OBJ: 5.2.4
                                                                                                                                                                                                                                               KEY: Fact
                                                                                                                                                                                                                                                                  MSC: * (New Question) The symptoms of a temporary sleep-deprivation
psychosis include a. sudden, irresistible, daytime sleep attacks. b. hallucinations, delusions, and disorientation. c. episodes of sleep walking and sleep talking. d. narcolepsy and/or cataplexy. ANS: B
                                                                                                                                                                                                  PTS: 1
                                                                                                                                                                                                                     DIF: Moderate
                                                                                                                                                                                                                                       REF: Sleep-Catching a Few ZZZ's OBJ: 5.2.5
                                                                                                                                                                                                                                                                                             KEY: Fact With extended periods of sleep
deprivation (more than 60 hours), one would expect a irreversible psychological damage. b. to experience hallucinations, and disorientation. c. difficulty in getting to sleep. d. minor but lasting changes in mood and personality. ANS: B
                                                                                                                                                                                                                                                                                   REF: Sleep-Catching a Few ZZZ's OBJ: 5.2.5
                                                                                                                                                                                                                                            PTS: 1
                                                                                                                                                                                                                                                               DIF: Moderate
KEY: Concept Prolonged sleep loss can cause a major disruption of mental and emotional functioning characterized by hallucinations, and confusion called temporary a. sleep apnea. b. chronic insomnia. c. sleep deprivation psychosis. d. narcolepsy. ANS: C
                                                                                                                                                                                                                                                                   PTS: 1
                                                                                                                                                                                                                                                                                      DIF: Moderate REF: Sleep-Catching a Few
                        KEY: Fact Concerning temporary sleep deprivation psychosis, which of the following statements is FALSE? a. Going without sleep for even 24 hours can lead to temporary sleep-deprivation psychosis. b. If you go without sleep for 32 hours, it usually only takes one good night of sleep (eight to 14 hours) to erase the effects. c.
                                                                                                                                                                                                DIF: Moderate REF: Sleep-Catching a Few ZZZ's OBJ: 5.2.5
                                                                                                                                                                                                                                                                      KEY: Fact Under pressure to meet a deadline, a truck driver has just
Hallucinations and delusions rarely appear before 60 hours of wakefulness. d. Temporary sleep-deprivation psychosis involves a temporary loss of contact with reality. ANS: A
                                                                                                                                                                            PTS: 1
gone three days without sleep. In the last twelve hours, he has begun to experience sensations of movement in stationary objects. He apparently has a. damaged the retinas of his eyes due to eye strain. b. undergone a change in muscle tension affection his kinesthetic sense. c. reached the first stages of temporary sleep-deprivation psychosis. d. upset the
vestibular system through excessive exposure to road vibration. ANS: C
                                                                              PTS: 1
                                                                                                 DIF: Moderate REF: Sleep-Catching a Few ZZZ's OBJ: 5.2.5
                                                                                                                                                                         KEY: Application a. changes with one's mood and physical activity. b. is indicated when one can wake without an alarm clock and feel rested. c. is really nine hours for all
                                                                            DIF: Easy
adults. d. is really six hours for all adults. ANS: B
                                                        PTS: 1
                                                                                               REF: Sleep-Catching a Few ZZZ's OBJ: 5.2.5
                                                                                                                                                   KEY: Concept If you are sleeping fewer hours than your natural sleep need, then you a. are at risk for developing chronic sleep deprivation psychosis. b. have trained yourself to be a short sleeper.
```

c. are building a sleep debt. d. most likely have chronic insomnia that needs to be treated. ANS: C

PTS: 1

DIF: Easy

REF: Sleep-Catching a Few ZZZ's OBJ: 5.2.5

KEY: Concept The ordering and duration of daily sleep and waking periods are known as a. meridian rhythms. b. sleep patterns. c. REM cycles. d.

```
REF: Sleep-Catching a Few ZZZ's OBJ: 5.2.6
                                                                                                                                                                                                                                                                                                                                 PTS:
sleep stages. ANS: B
                                PTS: 1
                                                   DIF: Moderate
                                                                                                                             KEY: Fact The rhythms of sleep and waking a. coincide with cycles of the moon. b. are considerably shorter than 24 hours. c. are a little over 24 hours long. d. average around 36 hours. ANS: C
                                REF: Sleep-Catching a Few ZZZ's OBJ: 5.2.6
                                                                                      KEY: Fact Our sleep rhythms tend to follow an exact 24-hour day because a. the time of peak activity is invariant from person. b. they are tied to external time markers like light and dark. c. they have adapted to technological improvements made in the last
             DIF: Moderate
century. d. everyone needs at least eight hours of sleep every night. ANS: B
                                                                                    PTS: 1
                                                                                                       DIF: Moderate
                                                                                                                           REF: Sleep-Catching a Few ZZZ's OBJ: 5.2.6 KEY: Concept Which of the following is an external marker that helps us set up 24-hour sleep rhythms? a. hunger b. physical activity c. light and darkness d. lunar
patterns ANS: C
                           PTS: 1
                                               DIF: Easy
                                                                   REF: Sleep-Catching a Few ZZZ's OBJ: 5.2.6
                                                                                                                        KEY: Fact If external time markers, such as clocks or light and darkness, are removed, the human sleep-wake cycle will a. become slightly shorter. b. become slightly longer. c. remain exactly the same. d. be unpredictable. ANS:
                                DIF: Moderate
                                                   REF: Sleep-Catching a Few ZZZ's OBJ: 5.2.6
                                                                                                          KEY: Concept MSC: * (New Question) When a person is shut off from the world, such that he or she cannot even tell what time it is by light or dark for several days, this person's sleep-waking cycle will a. stay exactly as it was since this
             PTS: 1
cycle is innate and cannot be modified. b. shorten to an average of about 20 hours. c. lengthen to almost 25 hours. d. become completely disrupted. ANS: C
                                                                                                                                                               PTS: 1
                                                                                                                                                                                   DIF: Moderate REF: Sleep-Catching a Few ZZZ's OBJ: 5.2.6
                                                                                                                                                                                                                                                            KEY: Application Regarding sleep patterns, which of the following statements is FALSE?
a. Short sleepers average five hours or less of sleep per night, while long sleepers sleep nine hours or more. b. A few rare individuals can get by on an hour cycles. d. Those over the age of 50 average about nine hours of sleep a night.
                                      DIF: Moderate REF: Sleep-Catching a Few ZZZ's OBJ: 5.2.6
                                                                                                                KEY: Fact When you were in high school, you used to sleep 14 hours per night on the weekends. If you did this every night, you would be appropriately called a(n) a. lucid sleeper b. insomniac. c. short sleeper. d. long sleeper. ANS:
                                 DIF: Moderate REF: Sleep-Catching a Few ZZZ's OBJ: 5.2.6
                                                                                                         KEY: Application A middle-aged man tells his physician that he has always slept nine to ten hours a night even when he was a young man, and he wonders if something is wrong with him. He should be a. urged to reduce his sleep time to six
hours, which is normal for adults. b. urged to reduce his sleep time to eight hours, which is normal limits. d. given medication to improve the quality of his sleep and thus reduce the amount of time he spends in sleep. ANS: C
                                                                                                                                                                                                                                                                                                  PTS: 1
                                                                                                                                                                                                                                                                                                                      DIF: Moderate REF
                                                                                                                                                                                                              PTS: 1
                                              KEY: Application How many hours of sleep do the majority of adults get per night? a. five hours b. seven to eight hours c. ten hours d. twelve hours ANS: B
                                                                                                                                                                                                                                 DIF: Easy
                                                                                                                                                                                                                                                     REF: Sleep-Catching a Few ZZZ's OBJ: 5.2.6
                                                                                                                                                                                                                                                                                                            KEY: Fact Compared to young adults,
                                                                                                                                                                                                        DIF: Moderate
                                                                                                                                                                                                                           REF: Sleep-Catching a Few ZZZ's OBJ: 5.2.7
adults over 50 get a. more sleep. b. less sleep. c. about the same amount of sleep. d. a consistent average of eight hours of sleep per night rather than six or seven hours. ANS: B
                                                                                                                                                                                    PTS: 1
                                                                                                                                                                                                                                                                                 KEY: Fact How many hours of sleep do adults over the age of 50
average? a. four b. six c. eight d. ten ANS: B
                                                      PTS: 1
                                                                         DIF: Moderate REF: Sleep-Catching a Few ZZZ's OBJ: 5.2.6
                                                                                                                                                   KEY: Fact Throughout the lifespan, total sleep time a. decreases as we get older. b. increases as we get older. c. decreases then increases after age 50 d. remains the same throughout life. ANS:
                                                    REF: Sleep-Catching a Few ZZZ's OBJ: 5.2.6
                                                                                                         KEY: Fact a. in six to eight-hour blocks of time. b. 12 hours a day. c. in two to four-hour blocks of time. d. in totally irregular patterns. ANS: C
                                                                                                                                                                                                                                                                              DIF: Moderate REF: Sleep-Catching a Few ZZZ's OBJ:
                                                                                                                                                                                                                                                           PTS: 1
5.2.6
                                                                                                                                                                     PTS: 1
                                                                                                                                                                                         DIF: Moderate REF: Sleep-Catching a Few ZZZ's OBJ: 5.2.6
                                                                                                                                                                                                                                                                   KEY: Fact Taking a midafternoon nap a. is indicative of a person with
             KEY: Fact For a newborn infant, one could expect total sleep time each day to approach a. 24 hours. b. 20 hours. c. 12 hours. d. eight hours. ANS: B
hypersomnia. b. are not really restful. c. can help people in occupations that require long periods of alertness. d. are only beneficial to the very young and the very old. ANS: C
                                                                                                                                                                                PTS: 1
                                                                                                                                                                                                   DIF: Moderate
                                                                                                                                                                                                                       REF: Sleep-Catching a Few ZZZ's OBJ: 5.2.6
                                                                                                                                                                                                                                                                             KEY: Concept a. is a natural part of the sleep cycle. b. should not occur
                                                                                                                                                      DIF: Moderate
after infancy. c. is only common among the elderly. d. indicates that the person is getting poor quality of sleep at night. ANS: A
                                                                                                                                                                          REF: Sleep-Catching a Few ZZZ's OBJ: 5.2.6
                                                                                                                                                                                                                                KEY: Concept Most studies of sleep patterns show a. a consistent ratio of three to one between time awake and time
                                                                                                                                  PTS: 1
asleep. b. that it is unhealthy for anyone to sleep less than six hours a day. c. that midafternoon sleepiness is a natural part of the wake-sleep cycle. d. that these sleep patterns are innate and unchangeable. ANS: C
                                                                                                                                                                                                                                          DIF: Moderate
                                                                                                                                                                                                                                                             REF: Sleep-Catching a Few ZZZ's OBJ: 5.2.6
                                                                                                                                                                                                                      PTS: 1
                                                                                                                                                                                                                                                                                                                   KEY: Fact A person on a cycle
of three hours of sleep to six hours awake a. is exhibiting the natural sleep pattern. b. has adapted to a longer-than-normal sleep pattern. c. will have difficulty getting to sleep when the cycle calls for it. d. would be characterized by all of these. ANS: C
                                                                                                                                                                                                                                                       PTS: 1
                                                                                                                                                                                                                                                                           DIF: Moderate REF: Sleep-Catching a Few ZZZ's OBJ:
                                                                                                                                                                                                                                                                            KEY: Fact Regarding sleep patterns, which of the following statements is
            KEY: Concept What is the natural sleep pattern ratio regarding time awake to time asleep? a. one to one b. two to one c. three to one d. undetermined ANS: B
                                                                                                                                                                               PTS: 1
                                                                                                                                                                                                  DIF: Moderate
                                                                                                                                                                                                                      REF: Sleep-Catching a Few ZZZ's OBJ: 5.2.6
FALSE? a. One study showed that 28-hour "days" work for some people. b. Astronauts continue to sleep on their normal days. ANS:
                                DIF: Moderate REF: Sleep-Catching a Few ZZZ's OBJ: 5.2.6
                                                                                                          KEY: Fact Which of the following best describes the stability of sleep cycles? a. They are innate so they cannot be modified. b. They are innate but can be modified somewhat. c. They are entirely learned, but once set are difficult to modify. d.
                                                                                           DIF: Moderate
They are entirely learned and therefore easily modified. ANS: B
                                                                       PTS: 1
                                                                                                               REF: Sleep-Catching a Few ZZZ's OBJ: 5.2.6
                                                                                                                                                                    KEY: Concept Making the sleep-waking cycles shorter is not recommended because sleep a. cycles cannot be altered by external factors. b. is an innate biological rhythm. c. is set by
                                                                                                                                                                  REF: Sleep-Catching a Few ZZZ's OBJ: 5.2.6
                                                                                                                          PTS: 1
                                                                                                                                              DIF: Moderate
                                                                                                                                                                                                                        KEY: Concept Which of the following is the most important in the physiological control of sleep? a. brain circuits and brain
a number of unchanging external markers. d. must match a three to one ratio of time awake and time asleep. ANS: B
                                                                                                                                                                                                                                                                                            MSC: * (New Question) Whether you are awake or
                                                                                                                                                       PTS: 1
                                                                                                                                                                          DIF: Moderate REF: Stages of Sleep-The Nightly Roller-Coaster
                                                                                                                                                                                                                                                            OBJ: 5.3.1 KEY: Fact
chemicals b. the somatic nervous system c. external markers for sleep and wakefulness d. sleep-promoting substances in the blood stream ANS: A
                                                                                                                                                                                                                                                         PTS: 1
                                                                                                                                                                                                                                                                             DIF: Easy REF: Stages of Sleep-The Nightly Roller-
asleep right now depends on a. the number of hours since one's last intake of food. b. sleep-promoting substances in the blood stream. c. external markers for sleep and wakefulness. d. the balance between separate sleep and waking systems. ANS: D
                         OBJ: 5.3.1 KEY: Fact
                                                         MSC: * (New Question) Regarding sleep, which of the following statements is/are TRUE? a. Sleep is caused by the accumulation of chemicals in the blood. b. Whether one is awake or asleep depends on the balance between separate sleep and waking systems. c. The brain tends to "shut down"
during sleep, with brain activity decreasing dramatically. d. All of these statements are true. ANS: B
                                                                                                         PTS: 1
                                                                                                                            DIF: Moderate REF: Stages of Sleep-The Nightly Roller-Coaster
                                                                                                                                                                                                               OBJ: 5.3.1 KEY: Concept EEG records indicate that during sleep the brain a. increases its activity. b. changes its pattern of activity. c.
shows only slow-wave activity. d. shuts down. ANS: B
                                                              PTS: 1
                                                                                  DIF: Moderate REF: Stages of Sleep-The Nightly Roller-Coaster
                                                                                                                                                                    OBJ: 5.3.1 KEY: Fact Sleep activity is usually measured using a(n) a. EEG. b. MRI. c. PET scanner. d. fetoscope. ANS: A
                                                                                                                                                                                                                                                                                                                         DIF: Easy REF:
                                                                                                                                                                                                                                                                                                     PTS: 1
                                                           OBJ: 5.3.1 KEY: Fact In sleep labs, changes in tiny electrical signals generated by the brain are usually amplified and recorded with a. electroencephalography. b. magnetic resonance imaging. c. positron emission tomography. d. computed tomographic scanning. ANS: A
Stages of Sleep-The Nightly Roller-Coaster
            DIF: Easy REF: Stages of Sleep-The Nightly Roller-Coaster
                                                                                                                          MSC: * (New Question) The pattern of EEG waves present when one is awake and alert is characterized by _
                                                                                                                                                                                                                                             waves. a. alpha b. beta c. delta d. theta ANS: B
                                                                                                                                                                                                                                                                                                                          DIF: Moderate REF:
                                                                                          OBJ: 5.3.1 KEY: Fact
                                                                                                                                                                                                                                           PTS: 1
                                                           OBJ: 5.3.1 KEY: Fact Beta waves are characteristic in the EEG of a person who is a. dreaming. b. asleep but not dreaming. c. awake and alert. d. in Stage 2 sleep. ANS: C
                                                                                                                                                                                                                                                              DIF: Moderate REF: Stages of Sleep-The Nightly Roller-Coaster
Stages of Sleep-The Nightly Roller-Coaster
                                                                                                                                                                                                                                                                                                                    OBJ: 5.3.1 KEY: Application
                                                                                                                                                                                                                                 DIF: Moderate REF: Stages of Sleep-The Nightly Roller-Coaster
OBJ: 5.3.1 KEY: Fact John's EEG pattern as he reads his textbook indicates that he's alert and awake. This means that his brain is generating
                                                                                                                                                 waves. a. alpha b. beta c. theta d. delta ANS: B
                                                                                                                                                                                                              PTS: 1
The drowsiness one feels immediately before sleep would be characterized by somewhat larger and slower waves than when one was awake and alert. These slower waves are called _
                                                                                                                                                                                                                                                     PTS: 1
                                                                                                                                                                                                                                                                        DIF: Moderate REF: Stages of Sleep-The Nightly Roller-
                                                                                                                                                                                         waves. a. alpha b. beta c. delta d. spindle ANS: A
                         OBJ: 5.3.1 KEY: Fact Casey finds Dr. Madison's psychology lecture to be boring and uninteresting. Gradually, his muscles relax and drowsiness occurs. This drowsy but wakeful state is associated with which brain waves? a. alpha b. beta c. theta d. delta ANS: A
                                                                                                                                                                                                                                                                                                                  DIF: Moderate REF: Stages
                                                                                                                                                                                                                                                                                               PTS: 1
of Sleep-The Nightly Roller-Coaster
                                                   OBJ: 5.3.1 KEY: Application Relaxation exercises recommended for stress management produce a very relaxed, though still awake state, characterized by
                                                                                                                                                                                                                    _ waves. a. omega b. beta c. delta d. alpha ANS: D
                                                                                                                                                                                                                                                                                                    DIF: Moderate REF: Stages of Sleep-The
Nightly Roller-Coaster
                                       OBJ: 5.3.1 KEY: Application Levels of sleep identified by brain-wave patterns and behavioral changes are referred to as a. sleep stages. b. sleep rhythms. c. semi-conscious patterns. d. ASCs. ANS: A
                                                                                                                                                                                                                                                                      DIF: Easy REF: Stages of Sleep-The Nightly Roller-
                                                                                                                                                                                                                                                  PTS: 1
                         OBJ: 5.3.1 KEY: Fact Which waves are characteristic of Stage 1 or light sleep? a. beta waves b. large regular waves with some sleep spindles c. small irregular waves with some alpha waves d. delta waves ANS: C
Coaster
                                                                                                                                                                                                                                                  PTS: 1
                                                                                                                                                                                                                                                                     DIF: Moderate REF: Stages of Sleep-The Nightly Roller-
Coaster
                         OBJ: 5.3.1 KEY: Fact While you are watching TV, your mind begins to drift and you become increasingly drowsy. You know the television is on, but you cannot distinguish which program is on. Then, your friend says, "You're asleep." You quickly state, "No, I'm not," but you really were. The sleep stage described would be a. REM
sleep. b. Stage 1 of NREM sleep. c. Stage 2 of NREM sleep. d. Stage 3 of NREM sleep. ANS: B
                                                                                                      PTS: 1
                                                                                                                          DIF: Moderate REF: Stages of Sleep-The Nightly Roller-Coaster
                                                                                                                                                                                                            OBJ: 5.3.1 KEY: Application As the muscles in your body relax during Stage 1 sleep, the reflex muscle contraction that may happen is
                                                                                                                                                 DIF: Moderate REF: Stages of Sleep-The Nightly Roller-Coaster
called a. an autonomic cramp. b. a hypnic jerk. c. the restless leg syndrome. d. the hypnogogic image syndrome. ANS: B
                                                                                                                             PTS: 1
                                                                                                                                                                                                                                   OBJ: 5.3.1 KEY: Fact A hypnic jerk usually occurs during a. light sleep. b. deep sleep. c. episodes of
                                                           PTS: 1
                                                                              DIF: Moderate REF: Stages of Sleep-The Nightly Roller-Coaster
                                                                                                                                                                OBJ: 5.3.1 KEY: Fact
                                                                                                                                                                                                MSC: * (New Question) You have gotten into bed, and your muscles begin to relax when you "jump" in this light sleep and awaken. You have most likely
hypersomnia. d. episodes of sleep apnea. ANS: A
                                                                                                                               DIF: Moderate REF: Stages of Sleep-The Nightly Roller-Coaster
                                                                                                                                                                                                                 OBJ: 5.3.1 KEY: Application MSC: * (New Question) Which of the following is a correct match? a. Stage 1 – delta waves b. Stage
experienced a. cataplexy. b. a hypnogogic image episode. c. somnambulism. d. a hypnic jerk. ANS: D
                                                                                                            PTS: 1
2 – sleep spindles c. Stage 3 – beta waves d. Stage 4 – alpha waves ANS: B
                                                                                    PTS: 1
                                                                                                        DIF: Moderate REF: Stages of Sleep-The Nightly Roller-Coaster
                                                                                                                                                                                         OBJ: 5.3.1 KEY: Fact Short bursts of brain activity in Stage 2 sleep are called a. delta waves. b. recurrent beta waves. c. sleep spindles. d. cortical waves.
                                      DIF: Moderate REF: Stages of Sleep-The Nightly Roller-Coaster
                                                                                                                                                                                                                                                                                                                     DIF: Moderate REF:
                                                                                                                         OBJ: 5.3.1 KEY: Fact Sleep spindles are short bursts of brain activity generated by the a. amygdala. b. thalamus. c. reticular formation. d. corpus callosum. ANS: B
                  PTS: 1
Stages of Sleep-The Nightly Roller-Coaster
                                                                                           MSC: * (New Question) Which of the following may prevent the sleeping brain from being aroused by external stimuli and also marks the true boundary of sleep? a. alpha waves b. beta waves c. sleep spindles d. a hypnic jerk ANS: C
                                                           OBJ: 5.3.1 KEY: Fact
                                                                                                                                                                                                                                                                                                                                   PTS:
                                                                                                                                                                                                                                                                                                                              PTS: 1
            DIF: Moderate REF: Stages of Sleep-The Nightly Roller-Coaster
                                                                                              OBJ: 5.3.1 KEY: Fact
                                                                                                                              MSC: * (New Question) Most people will say they were asleep within four minutes after which of the following appear? a. alpha waves b. beta waves c. a hypnic jerk d. sleep spindles ANS: D
                                                                                 OBJ: 5.3.1 KEY: Fact Carla's sleep is being monitored in a research lab. The assistant notices that Carla's EEG shows a high presence of sleep spindles. It can be concluded that Carla is in a. REM. b. Stage 1 of NREM. c. Stage 2 of NREM. d. Stage 3 of NREM. ANS:
DIF:
      Moderate REF: Stages of Sleep-The Nightly Roller-Coaster
                                DIF: Moderate REF: Stages of Sleep-The Nightly Roller-Coaster
                                                                                                                  OBJ: 5.3.1 KEY: Application Sleep spindles usually first appear in Stage
                                                                                                                                                                                                      sleep. ANS: B
                                                                                                                                                                                                                               PTS: 1
                                                                                                                                                                                                                                                   DIF: Moderate REF: Stages of Sleep-The Nightly Roller-Coaster
                                                                                                                                                                                                                                                                                                                                     OBJ: 5.3.1
                   MSC: * (New Question) Delta waves will first appear in a. NREM stage 1. b. NREM stage 2. c. NREM stage 3. d. REM. ANS: C
                                                                                                                                                        PTS: 1
                                                                                                                                                                           DIF: Moderate REF: Stages of Sleep-The Nightly Roller-Coaster
                                                                                                                                                                                                                                                              OBJ: 5.3.1 KEY: Fact
                                                                                                                                                                                                                                                                                             MSC: * (New Question) a. delta waves first begin to
                                                                                                                                                    DIF: Difficult REF: Stages of Sleep-The Nightly Roller-Coaster
appear. b. sleep spindles occur. c. people tend to experience hypnic jerks. d. people tend to experience nightmares. ANS: A
                                                                                                                                 PTS: 1
                                                                                                                                                                                                                                    OBJ: 5.3.1 KEY: Concept Stage 3 NREM and Stage 4 NREM a. show delta waves. b. are called paradoxical
sleep. c. consist of mostly beta waves and a few sleep spindles. d. occur only during the last half of the night. ANS: A
                                                                                                                          PTS: 1
                                                                                                                                              DIF: Difficult REF: Stages of Sleep-The Nightly Roller-Coaster
                                                                                                                                                                                                                              OBJ: 5.3.1 KEY: Concept An hour after you go to sleep, a loud noise awakens you. You emerge from sleep confused
                                                                                                                            PTS: 1
and do not remember the noise. You were in which stage of sleep? a. Stage 1 b. Stage 2 c. Stage 3 d. Stage 4 ANS: D
                                                                                                                                               DIF: Moderate REF: Stages of Sleep-The Nightly Roller-Coaster
                                                                                                                                                                                                                                 OBJ: 5.3.1 KEY: Application Most people reach deep sleep (Stage 4) in about a. 10 minutes. b. 25 minutes. c. 40
                                                           DIF: Moderate REF: Stages of Sleep-The Nightly Roller-Coaster
                                                                                                                                             OBJ: 5.3.1 KEY: Fact
                                                                                                                                                                             MSC: * (New Question) As a sleep researcher is monitoring you, he notices that your brain waves are showing almost all delta waves. He awakens you at this point, and you
minutes. d. one hour. ANS: D
                                       PTS: 1
awaken in a complete state of confusion. You are most likely in which stage of sleep? a. Stage 4 of NREM b. REM sleep c. Stage 2 of NREM d. Stage 1 of NREM ANS: A
                                                                                                                                                                                               DIF: Moderate REF: Stages of Sleep-The Nightly Roller-Coaster
                                                                                                                                                                            PTS: 1
                                                                                                                                                                                                                                                                                 OBJ: 5.3.1 KEY: Application Which of the following is a correct
match? a. Stage 1 – sleep spindles b. Stage 2 – beta waves c. Stage 3 – hypnic jerk d. Stage 4 – delta waves ANS: D
                                                                                                                           PTS: 1
                                                                                                                                              DIF: Moderate REF: Stages of Sleep-The Nightly Roller-Coaster
                                                                                                                                                                                                                                OBJ: 5.3.1 KEY: Fact Regarding the stages of sleep, which of the following statements is FALSE? a. Most wave
types are present at all times, but they occur more or less frequently in various sleep stages. b. In Stage 3, a new brainwave called beta waves begins to appear. c. Most people reach deep stages. b. In Stage 3, a new brainwave called beta waves begins to appear and lighter sleep throughout the night. ANS: B
            DIF: Moderate REF: Stages of Sleep-The Nightly Roller-Coaster
                                                                                              OBJ: 5.3.1 KEY: Concept Shifts between deeper and lighter sleep a. occur only during the last half of a night's sleep.. b. occur just once per night unless the sleeper is suddenly awakened. c. occur throughout the night. d. are the first sign of sleep.
                                                  DIF: Moderate REF: Stages of Sleep-The Nightly Roller-Coaster
                                                                                                                                    OBJ: 5.3.1 KEY: Fact Concerning the nature of sleep, which of the following statements is FALSE? a. A sleeper upon reaching Stage 4 sleep will remain in this stage for the duration of the night. b. A sleeper's EEG
deprivation, ANS: C
patterns in REM sleep are similar to Stage 1 EEG patterns. c. A person will shift between deeper and lighter sleep throughout the night. d. A person's REM sleep is associated with dreaming. ANS: A
                                                                                                                                                                                                      PTS: 1
                                                                                                                                                                                                                          DIF: Moderate REF: Stages of Sleep-The Nightly Roller-Coaster
                                                                                                                                                                                                                                                                                                            OBJ: 5.3.1 / 5.3.2 KEY: Concept
REM is the acronym that stands for a. retinal equilibrium motion. b. random eye movement. c. rapid eye movement. d. retinal eye motion. ANS: C
                                                                                                                                                     PTS: 1
                                                                                                                                                                        DIF: Easy REF: Stages of Sleep-The Nightly Roller-Coaster
                                                                                                                                                                                                                                                      OBJ: 5.3.2 KEY: Fact Gretchen is watching her infant McKenzie sleep. Gretchen notes that
                                                                                                                                                                                                                    DIF: Easy REF: Stages of Sleep-The Nightly Roller-Coaster
McKenzie's eyes dart back and forth beneath her eyelids. This suggests that McKenzie is a. experiencing sleep spindles. b. dreaming. c. in Stage 4 sleep. d. experiencing delta waves. ANS: B
                                                                                                                                                                                                PTS: 1
                                                                                                                                                                                                                                                                                                  OBJ: 5.3.2 KEY: Application During a sleep lab
session, Miguel's EEG patterns show that his brain is so active that he looks like he is awake, but the sleep lab attendant verifies that Miguel is indeed asleep. Miguel is exhibiting a. sleep spindles. b. REM sleep. c. night terrors. d. somnambulism. ANS: B
                                                                                                                                                                                                                                                          PTS: 1
                                                                                                                                                                                                                                                                              DIF: Moderate REF: Stages of Sleep-The Nightly Roller-
                                                                                                                                                                                                                                                       DIF: Moderate REF: Stages of Sleep-The Nightly Roller-Coaster
                         OBJ: 5.3.2 KEY: Application Which of the following sleep phenomena could be detected without the aid of an EEG machine? a. Stage 2 sleep b. REM sleep c. Stage 3 sleep d. sleep spindles ANS: B
                                                                                                                                                                                                                                   PTS: 1
                                                                                                                                                                                                                                                                                                                                         OBJ:
                                                                                                                                                                                                                                                DIF: Moderate REF: Stages of Sleep-The Nightly Roller-Coaster
5.3.2 KEY: Fact Research suggests that the two most basic states of sleep are a. alpha sleep and beta sleep. b. light sleep and deep sleep. c. REM sleep and non-REM sleep. d. REM sleep and paradoxical sleep. ANS: C
                                                                                                                                                                                                                             PTS: 1
                                                                                                                                                                                                                                                                                                                                  OBJ: 5.3.2
                                                                                                                                                           DIF: Easy REF: Stages of Sleep-The Nightly Roller-Coaster
                                                                                                                                                                                                                                         OBJ: 5.3.2 KEY: Fact Which theory/hypothesis states that NREM sleep "calms" the brain, while REM sleep
KEY: Fact a. Stages 1 and 2 sleep. b. Stages 3 and 4 sleep. c. Stage 1, 2, and 3 sleep only. d. Stages 1, 2, 3 and 4 sleep. ANS: D
                                                                                                                                       PTS: 1
                                                                                                                                                                                                                          DIF: Moderate REF: Stages of Sleep-The Nightly Roller-Coaster
"sharpens" our memories of the previous day's more important experiences? a. activation-synthesis b. neurocognition theory c. dual process hypothesis d. biological biasing theory ANS: C
                                                                                                                                                                                                                                                                                                             OBJ: 5.3.2 KEY: Concept
                                                                                                                                                                                                       PTS: 1
Throughout the day, our neural networks become more and more active, requiring more and more energy. Then, slow wave sleep early in the night brings overall brain activation-synthesis? a. activation-synthesis by neurocognitive theory c.
                                                                    PTS: 1
                                                                                       DIF: Moderate REF: Stages of Sleep-The Nightly Roller-Coaster
                                                                                                                                                                          OBJ: 5.3.2 KEY: Concept The dual process hypothesis of sleep describes a. how the slow wave sleep early in the night brings activation levels down so the brain can be
dual process hypothesis d. biological biasing theory ANS: C
refreshed and less important memories can fade. b. how random activity in lower brain centers results in the manufacture of relatively bizarre dreams by higher brain centers. c. how dreams reflect everyday waking thoughts and emotions. d. why a dreamer feels awake and capable of normal thoughts and actions. ANS: A
     Moderate REF: Stages of Sleep-The Nightly Roller-Coaster
                                                                                 OBJ: 5.3.2 KEY: Concept According to the dual process theory of sleep, which of the following "calms" the brain during the earlier part of a night's sleep and allows unimportant memories to be forgotten? a. NREM sleep b. REM sleep c. beta waves d. alpha waves ANS:
                                DIF: Moderate REF: Stages of Sleep-The Nightly Roller-Coaster
                                                                                                                                                  MSC: * (New Question) According to the dual process theory of sleep, which of the following "sharpens" our memories of the previous day's more important experiences? a. NREM sleep b. REM sleep c.
                                                                                                                 OBJ: 5.3.2 KEY: Fact
             PTS: 1
                                                                  DIF: Moderate REF: Stages of Sleep-The Nightly Roller-Coaster
                                                                                                                                                     OBJ: 5.3.2 KEY: Fact
                                                                                                                                                                                  MSC: * (New Question) Regarding NREM sleep, which of the following statements is FALSE? a. Dreamless slow-wave NREM sleep increases after physical
delta waves d. somnambulism ANS: B
                                              PTS: 1
exertion. b. NREM sleep is dream free about 90 percent of the time. c. NREM sleep occurs during stages 1, 2, 3, and 4. d. NREM is deepest late in the night during the last stage-4 periods. ANS: D
                                                                                                                                                                                                    PTS: 1
                                                                                                                                                                                                                        DIF: Moderate REF: Stages of Sleep-The Nightly Roller-Coaster
                                                                                                                                                                                                                                                                                                         OBJ: 5.3.3 KEY: Fact Physical
exertion tends to increase a. REM sleep. b. NREM sleep. c. hypersomnia. d. nightmares. ANS: B
                                                                                                                                                                                                            OBJ: 5.3.3 KEY: Fact
                                                                                                                                                                                                                                            MSC: * (New Question) Which of the following is likely to increase NREM sleep? a. physical exertion b.
                                                                                                       PTS: 1
                                                                                                                          DIF: Moderate REF: Stages of Sleep-The Nightly Roller-Coaster
                                                                                      DIF: Moderate REF: Stages of Sleep-The Nightly Roller-Coaster
                                                                                                                                                                        OBJ: 5.3.3 KEY: Fact Compared to REM, dreams in NREM tend to a. be longer. b. be more bizarre and "dream-like." c. be clearer and more detailed. d. have none of these
taking a test c. studying for a test d. none of these ANS: A
                                                                  PTS: 1
                                                     DIF: Moderate REF: Stages of Sleep-The Nightly Roller-Coaster
                                                                                                                                       OBJ: 5.3.3 KEY: Fact
                                                                                                                                                                       MSC: * (New Question) a. REM sleep. b. NREM sleep. c. both REM and NREM sleep. d. none of these. ANS: C
                                                                                                                                                                                                                                                                                              PTS: 1
                                                                                                                                                                                                                                                                                                                 DIF: Moderate REF: Stages of
characteristics. ANS: D
                                  PTS: 1
                                                 OBJ: 5.3.3 / 5.3.4 KEY: Fact Regarding REM and NREM sleep, which of the following statements is TRUE? a. Daytime stress can increase REM sleep. c. NREM sleep is deepest early in the night during the first few state 4 periods. d. Mammals, such as
Sleep-The Nightly Roller-Coaster
dogs and cats, and newborn babies do not show REM sleep. ANS: C
                                                                             PTS: 1
                                                                                                DIF: Moderate REF: Stages of Sleep-The Nightly Roller-Coaster
                                                                                                                                                                                  OBJ: 5.3.3 / 5.3.4 KEY: Fact Concerning REM and NREM sleep, which of the following statements is FALSE? a. NREM sleep is dream-free about 90 percent of the
time. b. Your first period of Stage 1 sleep usually lacks REMs and dreams. c. Brain areas associated with imagery and emotion become significantly less active during REM sleep. d. REM sleep may stimulate the developing brain in newborn babies. ANS: C
                                                                                                                                                                                                                                                             PTS: 1
                                                                                                                                                                                                                                                                                DIF: Difficult REF: Stages of Sleep-The Nightly Roller-
                         OBJ: 5.3.3 / 5.3.4 KEY: Fact Compared to NREM, dreams in REM tend to be a. shorter. b. more rational and reality-based. c. clearer and more detailed. d. characterized by all of these. ANS: C
                                                                                                                                                                                                                                                DIF: Moderate REF: Stages of Sleep-The Nightly Roller-Coaster
                                                                                                                                                                                                                             PTS: 1
                                                    sleep. a. REM b. NREM stage 2 c. NREM stage 3 d. NREM stage 4 ANS: A
                                                                                                                                        PTS: 1
                                                                                                                                                             DIF: Moderate REF: Stages of Sleep-The Nightly Roller-Coaster
                                                                                                                                                                                                                                                                               MSC: * (New Question) A very stressful day is likely to increase the
KEY: Fact Daytime stress tends to increase ____
                                                                                                                                                                                                                                               OBJ: 5.3.4 KEY: Fact
                                                                                                                        DIF: Moderate REF: Stages of Sleep-The Nightly Roller-Coaster
amount of a. episodes of sleep apnea. b. hypersomnia. c. NREM sleep. d. REM sleep. ANS: D
                                                                                                    PTS: 1
                                                                                                                                                                                                          OBJ: 5.3.4 KEY: Fact Carrie is extremely worried about her job. There are rumors of the company planning to downsize, and Carrie's boss
has been fussing at everyone she encounters. With this situation, we can expect Carrie to be experiencing a. less REM sleep. b. more REM sleep. c. more NREM sleep. d. more sleep spindles. ANS: B
                                                                                                                                                                                                         PTS: 1
                                                                                                                                                                                                                            DIF: Moderate REF: Stages of Sleep-The Nightly Roller-Coaster
                                                                                                                                                                                                                                                                                                              OBJ: 5.3.4 KEY: Application
Which of the following dramatically increases when there is a death in the family, trouble at work, a marital conflict, or other emotionally-charged events? a. deep sleep delta waves b. beta waves and sleep spindles c. NREM sleep d. REM sleep ANS: D
                                                                                                                                                                                                                                                                            DIF: Moderate REF: Stages of Sleep-The Nightly Roller-
                                                                                                                                                                                                                                                         PTS: 1
                         OBJ: 5.3.4 KEY: Concept Which of the following helps us sort and retain memories, especially memories about strategies for solving problems? a. deep sleep delta waves b. sleep spindles c. NREM sleep d. REM sleep ANS: D
                                                                                                                                                                                                                                                             PTS: 1
                                                                                                                                                                                                                                                                                DIF: Moderate REF: Stages of Sleep-The Nightly Roller-
                                                                                                                                                                                                                                                                 DIF: Moderate REF: Stages of Sleep-The Nightly Roller-
                         OBJ: 5.3.4 KEY: Concept MSC: * (New Question) Brain areas associated with imagery and emotion become more active during a. somnambulism. b. sleep spindles. c. REM sleep. d. NREM sleep. ANS: C
                                                                                                                                                                                                                                             PTS: 1
Coaster
                         OBJ: 5.3.4 KEY: Concept MSC: * (New Question) Regarding REM sleep, which of the following statements is FALSE? a. After studying than if you go to sleep. b. Brain areas associated with imagery and emotion become significantly more active
during REM sleep. c. All mammals show REM sleep, but reptiles show no signs of REM sleep. d. For adults, REM periods add up to about 20 percent of total sleep time. ANS: A
                                                                                                                                                                                  PTS: 1
                                                                                                                                                                                                      DIF: Moderate REF: Stages of Sleep-The Nightly Roller-Coaster
                                                                                                                                                                                                                                                                                       OBJ: 5.3.4 KEY: Fact
Regarding REM sleep, which of the following statements is FALSE? a. REM sleep has a fast, irregular EEG pattern similar to Stage 1 sleep. b. When measured by an EEG, the brain during REM sleep has a fast, irregular EEG pattern similar to Stage 1 sleep. b. When measured by an EEG, the brain during REM sleep has a fast, irregular EEG pattern similar to Stage 1 sleep. b. When measured by an EEG, the brain during REM sleep has a fast, irregular EEG pattern similar to Stage 1 sleep. b. When measured by an EEG, the brain during REM sleep has a fast, irregular EEG pattern similar to Stage 1 sleep. b. When measured by an EEG, the brain during REM sleep has a fast, irregular EEG pattern similar to Stage 1 sleep. b. When measured by an EEG, the brain during REM sleep has a fast, irregular EEG pattern similar to Stage 1 sleep. b. When measured by an EEG, the brain during REM sleep has a fast, irregular EEG pattern similar to Stage 1 sleep. b. When measured by an EEG, the brain during REM sleep has a fast, irregular EEG pattern similar to Stage 1 sleep. b. When measured by an EEG pattern similar to Stage 1 sleep. b. When measured by an EEG pattern similar to Stage 1 sleep. b. When measured by an EEG pattern similar to Stage 1 sleep. b. When measured by an EEG pattern similar to Stage 1 sleep. b. When measured by an EEG pattern similar to Stage 1 sleep. b. When measured by an EEG pattern similar to Stage 1 sleep. b. When measured by an EEG pattern similar to Stage 1 sleep. b. When measured by an EEG pattern similar to Stage 1 sleep. b. When measured by an EEG pattern similar to Stage 1 sleep. b. When measured by an EEG pattern similar to Stage 1 sleep. b. When measured by an EEG pattern similar to Stage 1 sleep. b. When measured by an EEG pattern similar to Stage 1 sleep.
                                                                       DIF: Moderate REF: Stages of Sleep-The Nightly Roller-Coaster
                                                                                                                                                                                         MSC: * (New Question) Concerning REM sleep, which of the following statements is TRUE? a. People who are born blind do not experience REM sleep. b.
50 percent of their total sleep time. ANS: C
                                                   PTS: 1
                                                                                                                                                         OBJ: 5.3.4 KEY: Fact
Dreams during REM sleep tend to be longer, clearer, more detailed, more bizarre, and more "dream-like" than thoughts and images than occur in NREM sleep report having no dreams. d. REM sleep is shown in reptiles, such as snakes and iguanas. ANS: B
                                                                                              OBJ: 5.3.4 KEY: Fact Concerning REM sleep, which of the following statements is FALSE? a. Roughly 85 percent of the time, people awakened during REM sleep report having vivid dreams. b. After studying for a long period, you will remember more if
            DIF: Moderate REF: Stages of Sleep-The Nightly Roller-Coaster
you go to sleep than if you pull an all-nighter. c. REM sleep is a combination of sleep spindles and very deep delta waves. d. People who are born blind experience REM sleep. ANS: C
                                                                                                                                                                                        PTS: 1
                                                                                                                                                                                                            DIF: Moderate REF: Stages of Sleep-The Nightly Roller-Coaster
                                                                                                                                                                                                                                                                                             OBJ: 5.3.4 KEY: Fact Which of the following occurs
                                                                                                                                                  PTS: 1
                                                                                                                                                                    DIF: Moderate REF: Stages of Sleep-The Nightly Roller-Coaster
                                                                                                                                                                                                                                                       OBJ: 5.3.4 KEY: Fact Which of the following is NOT characteristic of REM sleep? a. irregular
during REM sleep? a. irregular heart rate and blood pressure b. delta waves c. increased voluntary muscle movement d. sleepwalking ANS: A
                                                                                                                                                  DIF: Moderate REF: Stages of Sleep-The Nightly Roller-Coaster
                                                                                                                                                                                                                                    OBJ: 5.3.4 KEY: Fact Regarding REM sleep, which of the following statements is FALSE? a. Major muscles
heart rate and blood pressure b. sexual arousal c. increased voluntary muscle movement d. rapid eye movements ANS: C
                                                                                                                               PTS: 1
appear paralyzed during REM sleep. b. Males and females display sexual arousal during REM sleep. c. You usually dream as soon as you enter Stage 1 sleep. d. Some eye movements during REM sleep correspond to the activities occurring in the dreams. ANS: C
                                                                                                                                                                                                                                                                                         DIF: Moderate REF: Stages of Sleep-The Nightly Roller-
                         OBJ: 5.3.4 KEY: Concept Observing a subject who is in REM sleep, a researcher can conclude that the subject will exhibit all of the following characteristics EXCEPT a. vivid dreaming. b. sexual arousal. c. voluntary muscle paralysis. d. delta waves. ANS: D
                                                                                                                                                                                                                                                                                                             DIF: Moderate REF: Stages of
Sleep-The Nightly Roller-Coaster
                                                 OBJ: 5.3.4 KEY: Concept A person in a sleep lab is showing emotional arousal, blood pressure changes, and sexual arousal, which all primarily occur during a. REM sleep. b. NREM sleep. c. delta sleep. d. Stage 4 sleep. ANS: A
                                                                                                                                                                                                                                                                                       PTS: 1
                                                                                                                                                                                                                                                                                                           DIF: Moderate REF: Stages of Sleep-
The Nightly Roller-Coaster
                                           OBJ: 5.3.4 KEY: Application MSC: * (New Question) During sleep, which of the following prevents you from acting out your dreams? a. lucid dreaming b. REM-sleep paralysis c. REM behavior disorder d. somnambulism ANS: B
                                                                                                                                                                                                                                                                                                     DIF: Moderate REF: Stages of Sleep-The
                                       OBJ: 5.3.4 KEY: Concept The disorder that is characterized by a failure of normal muscle paralysis, leading to violent actions during REM sleep, is called a. periodic limb movement syndrome. b. restless legs syndrome. c. REM behavior disorder. d. sleep terror disorder. ANS: C
Nightly Roller-Coaster
                                                                                 OBJ: 5.3.4 KEY: Fact While dreaming, your roommate jumps up and thrashes around violently, acting out his dream. Your roommate is suffering from a. restless legs syndrome. b. REM behavior disorder. c. narcolepsy. d. sleep apnea. ANS: B
DIF: Moderate REF: Stages of Sleep-The Nightly Roller-Coaster
                                                                                              OBJ: 5.3.4 KEY: Application Carlos suffers from REM behavior disorder, which means that Carlos a. experiences REM rebound with vivid nightmares. b. snores loudly, holding his breath, and then gasping for air. c. lacks muscle paralysis, which allows him
            DIF: Moderate REF: Stages of Sleep-The Nightly Roller-Coaster
to thrash about and act out his dreams. d. is having sudden, irresistible, daytime sleep attacks. ANS: C
                                                                                                            PTS: 1
                                                                                                                                DIF: Moderate REF: Stages of Sleep-The Nightly Roller-Coaster
                                                                                                                                                                                                                 OBJ: 5.3.4 KEY: Application Sleep paralysis that occurs just as we begin to wake up may produce bizarre episodes in which people
may feel something pressing on their chests or think there are space aliens, angels, or demons in the room with them. This describes what is referred to as a. hypnopompic hallucinations. b. narcolepsy. c. lucid dreaming. d. a nightmare disorder. ANS: A
                                                                                                                                                                                                                                                         PTS: 1
                                                                                                                                                                                                                                                                             DIF: Moderate REF: Stages of Sleep-The Nightly Roller-
                         OBJ: 5.3.4 KEY: Concept Barnard tells his therapist that upon awakening from sleep, he could not move or call out for help. As he struggled to move and realizes that the frightening "whispering" was probably from his clock radio as it
went off. However, this frightening episode has occurred several times this month. Barnard most likely experienced a. REM rebound. b. paradoxical delusions. c. hypnopompic hallucinations. d. lucid dreaming. ANS: C
                                                                                                                                                                                                                       PTS: 1
                                                                                                                                                                                                                                           DIF: Moderate REF: Stages of Sleep-The Nightly Roller-Coaster
Application MSC: * (New Question) Carrie tells a tabloid news reporter that she had been abducted by aliens. She relates how she awoke in the morning only to find herself paralyzed, hearing buzzing sounds, and feeling electrical sensations throughout her body. She then became aware of figures lurking in her room and then saw vague images of alien
beings. When she was a young child, she thought they were angels or fairies. Carrie is most likely experiencing a. REM behavior disorder. b. hypnopompic hallucinations. c. REM rebound. d. narcolepsy. ANS: B
                                                                                                                                                                                                                 PTS: 1
                                                                                                                                                                                                                                     DIF: Moderate REF: Stages of Sleep-The Nightly Roller-Coaster
Application Regarding episodes that occur during sleep paralysis, which of the following statements is FALSE? a. During these episodes, some people who have sleep-related hallucinated intruders in these episodes as angels,
demons, or witches. c. A person who experiences the hallucinations, bizarre suffocating, or "out-of-body" experiences while in sleep paralysis have a condition known as REM behavior disorder. d. By studying these hallucinations that accompany sleep paralysis, psychologists hope to offer natural explanations for many experiences that might otherwise seem
                                                                                                                                                                                   MSC: * (New Question) Artificial lighting, hectic schedules, smoking, and drinking are factors that have a. led to the development of narcolepsy in younger people. b.
                                                                DIF: Moderate REF: Stages of Sleep-The Nightly Roller-Coaster
                                                                                                                                                   OBJ: 5.3.4 KEY: Fact
supernatural or paranormal. ANS: C
                                             PTS: 1
led to an increase in lucid dreaming. c. contributed to a near epidemic of sleep problems. d. resulted in the abnormal occurrence of hypnic jerks during sleep. ANS: C
                                                                                                                                                                       PTS: 1
                                                                                                                                                                                          DIF: Easy REF: Sleep Disturbances-The Sleepy Time Blues
                                                                                                                                                                                                                                                                        OBJ: 5.4.1 KEY: Concept MSC: * (New Question) Regarding sleep
disturbances, which of the following statements is FALSE? a. Sleep disturbances have been shown to pose a serious risk to one's physical health. b. Sleep clinics treat thousands of people each year who suffer from sleep disorders or sleep complaints. d.
                                                                                                                                                 DIF: Easy REF: Sleep Disturbances-The Sleepy Time Blues
                                                                                                                                                                                                                               OBJ: 5.4.1 KEY: Fact Sharon seems depressed and just wants to nap all the time during the day. She is exhibiting
Artificial lighting, exciting pastimes, and hectic schedules have contributed to a near epidemic of sleep problems. ANS: B
                                                                                                                             PTS: 1
                                                                                                                                                                     DIF: Moderate REF: Sleep Disturbances-The Sleepy Time Blues
symptoms of the sleep disturbance known as a. sleep drunkenness. b. sleep apnea. c. hypersomnia. d. sleep-wake schedule disorder. ANS: C
                                                                                                                                                                                                                                                        OBJ: 5.4.1 KEY: Application Which of the following refers to excessive daytime sleepiness
                                                                                                                                                                                                                                                                                                  OBJ: 5.4.1 KEY: Fact A person suffering from
and can result from depression, insomnia, narcolepsy, sleep apnea, and drug abuse? a. somnambulism b. REM behavior disorder c. hypersomnia d. sleep-wake schedule disorder ANS: C
                                                                                                                                                                                            PTS: 1
                                                                                                                                                                                                                DIF: Moderate REF: Sleep Disturbances-The Sleepy Time Blues
insomnia has a sleep problem characterized by a. difficulty in going and staying asleep. b. sudden, irresistible attacks of sleepiness. c. night terrors and sleep talking. d. a failure of normal muscle paralysis during REM sleep. ANS: A
                                                                                                                                                                                                                                                         DIF: Easy REF: Sleep Disturbances-The Sleepy Time Blues
                                                                                                                                                                                                                                     PTS: 1
5.4.1 KEY: Concept A sleep disturbance in which one awakens several times during the night and has difficulty returning to sleep is a. narcolepsy. b. sleep apnea. c. somnambulism. d. insomnia. ANS: D
                                                                                                                                                                                                          PTS: 1
                                                                                                                                                                                                                              DIF: Moderate REF: Sleep Disturbances-The Sleepy Time Blues
                                                                                                                                                                                                                                                                                                                OBJ: 5.4.1 KEY: Fact a. sudden
                                                                                                                                                  DIF: Moderate REF: Sleep Disturbances-The Sleepy Time Blues
sleep attacks. b. excessive daytime sleepiness. c. vivid, recurrent nightmares. d. a breathing problem during sleep. ANS: A
                                                                                                                              PTS: 1
                                                                                                                                                                                                                                     OBJ: 5.4.1 KEY: Fact Which of the following sleep disturbances is characterized by a sudden, irresistible urge to
sleep, which lasts a few minutes to half an hour with victims falling asleep while standing, talking, or even driving? a. narcolepsy b. hypersomnia c. sleep apnea d. somnambulism ANS: A
                                                                                                                                                                                                              DIF: Moderate REF: Sleep Disturbances-The Sleepy Time Blues
                                                                                                                                                                                          PTS: 1
                                                                                                                                                                                                                                                                                                OBJ: 5.4.1 KEY: Fact At least twice a week,
Deanna has recurring "bad dreams" during REM sleep that are so real and terrifying that they significantly disturb her sleep. Deanna has which sleep disturbance? a. sleep terror disorder b. narcolepsy c. somnambulism d. nightmare disorder ANS: D
                                                                                                                                                                                                                                                                         DIF: Moderate REF: Sleep Disturbances-The Sleepy Time
                                                                                                                                                                                                                                                      PTS: 1
                       OBJ: 5.4.1 KEY: Application In which sleep disturbance does the person suffer from muscle twitches, primarily in the legs, that occur every 20 to 40 seconds, severely interrupting his or her sleep? a. narcolepsy b. somnambulism c. hypnic jerk syndrome d. periodic limb movement syndrome ANS: D
            DIF: Easy REF: Sleep Disturbances-The Sleepy Time Blues
                                                                                          OBJ: 5.4.1 KEY: Fact Jorge has trouble sleeping at night because his leg muscles seem to twitch every 20 to 40 seconds, severely disturbing his sleep. His doctor diagnosed a. REM behavior disorder. b. somnambulism. c. hypnic jerk syndrome. d. periodic
                                                                DIF: Easy REF: Sleep Disturbances-The Sleepy Time Blues
                                                                                                                                              OBJ: 5.4.1 KEY: Application While dreaming, your partner acts out his dream and physically attacks you. Your partner is suffering from a. hypersomnia. b. REM behavior disorder. c. narcolepsy. d. sleep
limb movement syndrome. ANS: D
                                            PTS: 1
                                             DIF: Moderate REF: Sleep Disturbances-The Sleepy Time Blues
                                                                                                                                OBJ: 5.4.1 KEY: Application In which sleep disturbance do people have an irresistible urge to move their legs to relieve sensations of creeping, tingling, prickling, aching, or tension? a. hypnic jerk syndrome b.
                          PTS: 1
                                                                                                                                                                         OBJ: 5.4.1 KEY: Fact As Ed is falling asleep, his legs begin to tingle and then to ache. In order to relieve this painful prickly sensation, he begins to move his legs. This
somnambulism c. restless legs syndrome d. narcolepsy ANS: C
                                                                       PTS: 1
                                                                                           DIF: Easy REF: Sleep Disturbances-The Sleepy Time Blues
happens several times during the night, dramatically disturbing his sleep. Ed's sleep problem is most likely a. hypnic jerk syndrome. b. somnambulism. c. restless legs syndrome. d. REM behavior disorder. ANS: C
                                                                                                                                                                                                                                       DIF: Easy REF: Sleep Disturbances-The Sleepy Time Blues
                                                                                                                                                                                                                    PTS: 1
Application a. vivid recurrent nightmares, b. a breathing problem during sleep, c. excessive daytime sleepiness, d. sudden sleep attacks, ANS: B
                                                                                                                                                    PTS: 1
                                                                                                                                                                       DIF: Moderate REF: Sleep Disturbances-The Sleepy Time Blues
                                                                                                                                                                                                                                                         OBJ: 5.4.1 KEY: Fact A sleep disturbance characterized by snoring, short silences, and
gasps is called a. sleep apnea. b. narcolepsy. c. somnambulism. d. insomnia. ANS: A
                                                                                                               DIF: Moderate REF: Sleep Disturbances-The Sleepy Time Blues
                                                                                           PTS: 1
                                                                                                                                                                                                  OBJ: 5.4.1 KEY: Fact Sleep drunkenness is associated with a. alcohol use. b. drug-dependency insomnia. c. excessive daytime sleepiness. d. being
                                                                            PTS: 1
                                                                                               DIF: Moderate REF: Sleep Disturbances-The Sleepy Time Blues
                                                                                                                                                                                  OBJ: 5.4.1 KEY: Fact Ivan has always been very slow to wake up in the morning, and you really want to stay out of his way until he has time to pull himself together,
slow to wake up and displaying irritability or aggressiveness. ANS: D
drink his morning coffee, and read the newspaper. This is characteristic of someone with a. sleep-wake schedule disorder. b. sleep drunkenness. c. hypersomnia. d. narcolepsy. ANS: B
                                                                                                                                                                                                             DIF: Moderate REF: Sleep Disturbances-The Sleepy Time Blues
                                                                                                                                                                                         PTS: 1
                                                                                                                                                                                                                                                                                               OBJ: 5.4.1 KEY: Application Sleep terror disorder
                                                                                                                                                      DIF: Moderate REF: Sleep Disturbances-The Sleepy Time Blues
involves the repeated occurrence of a. nightmares. b. narcolepsy episodes. c. sleep apnea episodes. d. none of these. ANS: D
                                                                                                                                   PTS: 1
                                                                                                                                                                                                                                         OBJ: 5.4.1 KEY: Fact Which sleep disturbance involves a state of panic during NREM sleep that occurs
repeatedly over a period of several months? a. nightmare disorder b. narcolepsy c. sleep terror disorder d. hypersomnia ANS: C
                                                                                                                                    PTS: 1
                                                                                                                                                       DIF: Moderate REF: Sleep Disturbances-The Sleepy Time Blues
                                                                                                                                                                                                                                          OBJ: 5.4.1 KEY: Fact
                                                                                                                                                                                                                                                                          MSC: * (New Question) A mismatch between a person's circadian rhythm
                                                                                                                                         PTS: 1
                                                                                                                                                            DIF: Easy REF: Sleep Disturbances-The Sleepy Time Blues
                                                                                                                                                                                                                                          OBJ: 5.4.1 KEY: Fact Jet lag and changes in shift work would most likely precipitate which sleep
and the demands of the environment result in a. sleep-wake schedule disorder. b. narcolepsy. c. nightmares. d. sleep apnea. ANS: A
disturbance? a. narcolepsy b. sleep apnea c. sleep drunkenness d. sleep-wake schedule disorder ANS: D
                                                                                                               PTS: 1
                                                                                                                                   DIF: Easy REF: Sleep Disturbances-The Sleepy Time Blues
                                                                                                                                                                                                                 OBJ: 5.4.1 KEY: Concept The scientific name for the sleep disturbance of sleepwalking is a. somnambulism. b. narcolepsy. c.
                                                                                            DIF: Moderate REF: Sleep Disturbances-The Sleepy Time Blues
                                                                                                                                                                              OBJ: 5.4.1 KEY: Fact Regarding insomnia, which of the following statements is FALSE? a. About 60 million Americans have frequent or chronic insomnia. b. Insomnia can
periodic limb movement disorder. d. sleep drunkenness. ANS: A
                                                                        PTS: 1
harm people's work, health, and relationships. c. If sleep problems last for more than one week, then a diagnosis of chronic insomnia, it is usually best to get up and do something useful or satisfying until you feel that you are struggling to stay awake. ANS: C
                                                                                                                                                                                                                                                                                                                      DIF: Moderate REF:
Sleep Disturbances-The Sleepy Time Blues
                                                           OBJ: 5.4.2 KEY: Concept According to your textbook, the three types of insomnia are a. temporary, chronic, and drug-dependency. b. temporary, transient, and long-term. c. acute, chronic, and crucial. d. organic, functional, and chronic. ANS: A
Moderate REF: Sleep Disturbances-The Sleepy Time Blues
                                                                           OBJ: 5.4.2 KEY: Fact Which type of insomnia is caused by worry, stress, or excitement; is characterized by excess mental activity and heightened arousal leading to frustration; and is best dealt with by getting up and doing something useful or satisfying? a. cyclic insomnia b.
                                                                                                         DIF: Moderate REF: Sleep Disturbances-The Sleepy Time Blues
                                                                                                                                                                                           OBJ: 5.4.2 KEY: Concept Temporary insomnia is most often caused by a. the use of non-prescription sleeping pills. b. worry, stress, and excitement. c. the
temporary insomnia c. chronic insomnia d. drug-dependency insomnia ANS: B
                                                                                      PTS: 1
                                                                                                           DIF: Moderate REF: Sleep Disturbances-The Sleepy Time Blues
                                                                                                                                                                                             OBJ: 5.4.2 KEY: Fact Getting up and doing something useful works best in combating which type of insomnia? a. temporary b. chronic c. cyclic d. drug-
use of prescribed sedatives. d. eating starchy foods before going to bed. ANS: B
                                                                                       PTS: 1
                                                  DIF: Moderate REF: Sleep Disturbances-The Sleepy Time Blues
dependency ANS: A
                               PTS: 1
                                                                                                                                     OBJ: 5.4.2 KEY: Concept When a person has sleeping difficulties that last for more than three weeks, this person's insomnia is referred to as ______ insomnia. a. temporary b. chronic c. drug-dependency d.
                                  PTS: 1
                                                      DIF: Moderate REF: Sleep Disturbances-The Sleepy Time Blues
                                                                                                                                        OBJ: 5.4.2 KEY: Fact Ever since Agnes lost her husband six months ago, she has been unable to sleep through the night even though she is tired when she goes to bed. This type of insomnia is called
stimulus-control ANS: B
                                                                                                         DIF: Moderate REF: Sleep Disturbances-The Sleepy Time Blues
                                                                                                                                                                                           OBJ: 5.4.2 KEY: Application Which of the following conditions involves sleep loss caused by a withdrawal from sleeping pills, resulting in terrible nightmares
            insomnia. a. rebound b. chronic c. transient d. temporary ANS: B
                                                                                     PTS: 1
                                                                                                                                                                                                 DIF: Moderate REF: Sleep Disturbances-The Sleepy Time Blues
                                                                                                                                                                                                                                                                                   OBJ: 5.4.2 KEY: Fact Taking non-prescription drugs to fight
and "rebound insomnia" unless the person starts taking the sleeping pills again? a. narcolepsy b. drug-dependency insomnia c. sleep narcosis d. sleep drunkenness ANS: B
                                                                                                                                                                                                                                            DIF: Moderate REF: Sleep Disturbances-The Sleepy Time Blues
insomnia is probably not a good idea because they a. have little or no sleep-inducing effect. b. suppress Stage 4 and dream sleep. c. interfere with normal sleep cycles. d. increase the frequency of microsleeps. ANS: A
                                                                                                                                                                                                                        PTS: 1
                                                                                                                                                                                                                                                DIF: Moderate REF: Sleep Disturbances-The Sleepy Time Blues
Concept Prescription sedatives tend to reduce the quality of sleep because they a. create paradoxical sleep. b. suppress peripheral neurological activity. c. decrease Stage 4 and REM sleep. d. eliminate Stage 2 sleep. ANS: C
                                                                                                                                                                                                                        PTS: 1
5.4.2 KEY: Concept According to research on the use of sleeping pills to treat insomnia, which of the following statements is FALSE? a. Nonprescription sedatives can lead to drug-dependency insomnia. d. Newer drugs,
                                                                                                                                           DIF: Moderate REF: Sleep Disturbances-The Sleepy Time Blues
such as Ambien and Lunesta can induce sleep but can also cause amnesia, depression, and sleepwalking. ANS: B
                                                                                                                        PTS: 1
                                                                                                                                                                                                                              OBJ: 5.4.2 KEY: Fact
                                                                                                                                                                                                                                                              MSC: * (New Question) Your friend tells you that his doctor has just prescribed a
sedative to combat persistent insomnia. He asks for your opinion about taking the sedative. You should advise him to a. take non-prescription sleeping pills instead. b. be aware of the danger of drug-dependency insomnia. c. expect occasional paradoxical sleep if he takes the sedative for an extended period. d. tell him to expect to act out some very bizarre
                                                                                               DIF: Moderate REF: Sleep Disturbances-The Sleepy Time Blues
dreams since sedatives can cause REM behavior disorder. ANS: B
                                                                           PTS: 1
                                                                                                                                                                                 OBJ: 5.4.1 KEY: Application The continued use of barbiturates to treat insomnia tends to cause a. a reduction in insomnia episodes. b. an increase in narcolepsy. c. a
                                                                                                         DIF: Easy REF: Sleep Disturbances-The Sleepy Time Blues
dependency on the barbiturates. d. an increase in nocturnal enuresis. ANS: C
                                                                                                                                                                                       OBJ: 5.4.2 KEY: Concept Your friend Anna is suffering from insomnia. Which of the following would help Anna get a good night's sleep? a. nonprescription
                                                                                                                                                                         OBJ: 5.4.2 KEY: Application Side effects of the newer sleep medications, such as Ambien and Lunesta, include all of the following EXCEPT for a. amnesia and impaired
sleeping pills b. barbiturates c. alcohol d. none of these ANS: D
                                                                                           DIF: Easy REF: Sleep Disturbances-The Sleepy Time Blues
                                                                                                                                                                              DIF: Easy REF: Sleep Disturbances-The Sleepy Time Blues
judgment. b. depression, increased appetite, and decreased sex drive. c. sleepwalking and rebound insomnia. d. sleep apnea and restless legs. ANS: D
                                                                                                                                                           PTS: 1
                                                                                                                                                                                                                                                            OBJ: 5.4.2 KEY: Fact
                                                                                                                                                                                                                                                                                            MSC: * (New Question) The newer sleep medications,
such as Ambien and Lunesta, should be considered a. ineffective in the treatment of insomnia. b. very effective but with potential life-threatening side effects, such as reduced red blood cell production. ANS: C
Easy REF: Sleep Disturbances-The Sleepy Time Blues
                                                                       OBJ: 5.4.2 KEY: Concept A treatment based on weaning someone off their sleeping pills is designed for persons having which type of insomnia? a. temporary insomnia b. chronic insomnia c. somatic insomnia d. drug-dependency insomnia ANS: D
            DIF: Easy REF: Sleep Disturbances-The Sleepy Time Blues
                                                                                          OBJ: 5.4.2 KEY: Concept Sleep specialists prefer to treat insomnia with a. lifestyle changes and behavioral techniques. b. nonprescription sleeping pills such as Sominex, Nytol, and Sleep-Eze. c. barbiturates or other prescription sedatives. d. newer drugs,
such as Ambien and Lunesta. ANS: A
                                                                   DIF: Easy REF: Sleep Disturbances-The Sleepy Time Blues
                                                                                                                                                 OBJ: 5.4.2 KEY: Fact
                                                                                                                                                                                 MSC: * (New Question) Treatment for chronic insomnia usually begins with a careful analysis of all of the following EXCEPT a patient's a. sleep habits. b. lifestyle and
                                                                                                                                                                                                       MSC: * (New Question) Establishing a regular sleep schedule, eliminating caffeine, and treating depression (if present) would most likely be used
stress levels. c. lucid dreaming. d. medical problems. ANS: C
                                                                     PTS: 1
                                                                                         DIF: Easy REF: Sleep Disturbances-The Sleepy Time Blues
                                                                                                                                                                       OBJ: 5.4.2 KEY: Fact
to combat a. temporary insomnia. b. chronic insomnia. c. narcolepsy. d. cataplexy. ANS: B
                                                                                                 PTS: 1
                                                                                                                    DIF: Moderate REF: Sleep Disturbances-The Sleepy Time Blues
                                                                                                                                                                                                       OBJ: 5.4.2 KEY: Concept At a sleep lab, you learn to utilize sleep restriction and stimulus control techniques. You are most likely being treated
                                                                                                                                                                                                OBJ: 5.4.2 KEY: Application MSC: * (New Question) Using your bedroom for sleeping (instead of for studying, paying bills, etc.) is an example of the
                                                                                           PTS: 1
                                                                                                              DIF: Moderate REF: Sleep Disturbances-The Sleepy Time Blues
for a. insomnia. b. somnambulism. c. narcolepsy. d. REM behavior disorder. ANS: A
                                                                                                                                                                                DIF: Moderate REF: Sleep Disturbances-The Sleepy Time Blues
use of which of the following methods for combating combat insomnia? a. sleep restriction b. relaxation c. stimulus control d. paradoxical intention ANS: C
                                                                                                                                                             PTS: 1
                                                                                                                                                                                                                                                                  OBJ: 5.4.2 KEY: Concept Insisting on a regular schedule for sleep helps
establish a firm body rhythm. This is best achieved by linking a response, such as sleeping with a specific time, a technique known as a. sleep restriction. b. the relaxation response. c. stimulus control. d. the paradoxical intention. ANS: C
                                                                                                                                                                                                                                                                                    PTS: 1
                                                                                                                                                                                                                                                                                                       DIF: Easy REF: Sleep Disturbances-The
                                   OBJ: 5.4.2 KEY: Concept Mandy has chronic insomnia. She has been told that it is important to get up and go to sleep at the same time each day, including weekends. She was also told to avoid studying, watching TV, reading, or doing anything but sleeping when she goes to bed. To treat insomnia, Mandy will be
using a. stimulus control. b. the relaxation response. c. sleep restriction. d. the paradoxical intention. ANS: A
                                                                                                                                     DIF: Moderate REF: Sleep Disturbances-The Sleepy Time Blues
                                                                                                                                                                                                                        OBJ: 5.4.2 KEY: Application According to research done on sleep restriction, if one misses an entire night's sleep, it is best to
                                                                                                                 PTS: 1
                                                                                                                                                                                         DIF: Moderate REF: Sleep Disturbances-The Sleepy Time Blues
a. sleep late the next morning. b. nap during the day for more than an hour. c. restrict sleep to normal bedtime hours. d. go to bed early the following night. ANS: C
                                                                                                                                                                                                                                                                           OBJ: 5.4.2 KEY: Concept Which of the following helps to avoid the
fragmenting of sleep rhythms? a. using sleep restriction b. using the paradoxical intention c. exercising strenuously an hour before going to bed d. drinking a glass of wine before bed ANS: A
                                                                                                                                                                                              PTS: 1
                                                                                                                                                                                                                  DIF: Moderate REF: Sleep Disturbances-The Sleepy Time Blues
                                                                                                                                                                                                                                                                                                    OBJ: 5.4.2 KEY: Concept The best advice to
give a fellow student who is having problems falling asleep is to a. avoid getting upset about this temporary insomnia and go in another room and do something useful, such as reading. b. lower arousal levels by engaging in vigorous exercise before going to bed. c. fast before going to bed. d. take a non-prescription sleeping pill. ANS: A
            DIF: Moderate REF: Sleep Disturbances-The Sleepy Time Blues
                                                                                              OBJ: 5.4.2 KEY: Application The best advice to give a fellow student who has problems falling asleep is to a. try to make up for lost sleep the next day by napping or going to bed early. b. have a glass of wine before trying to go to sleep. c. schedule time in
                                                                                                                                                                                                          DIF: Moderate REF: Sleep Disturbances-The Sleepy Time Blues
the early evening to write down worries or concerns and what you will do about them the next day. d. do aerobics or calisthenics right before going to bed so you will be tired. ANS: C
                                                                                                                                                                                       PTS: 1
                                                                                                                                                                                                                                                                                            OBJ: 5.4.2 KEY: Application If your friend is using
                                                                                                                                                                                                                                                                            OBJ: 5.4.2 KEY: Application A technique for dealing with insomnia that
paradoxical intention to help overcome a problem, most likely he is contending with a. somnambulism. b. sleepwalking. c. inattention problems. d. insomnia. ANS: D
                                                                                                                                                                                         DIF: Moderate REF: Sleep Disturbances-The Sleepy Time Blues
                                                                                                                                                                                                              DIF: Moderate REF: Sleep Disturbances-The Sleepy Time Blues
involves a deliberate attempt to stay awake, which actually leads to sleep, is called a. the paradoxical intention. b. stimulus control. c. progressive relaxation. d. cataplexy control. ANS: A
                                                                                                                                                                                          PTS: 1
                                                                                                                                                                                                                                                                                                 OBJ: 5.4.2 KEY: Fact Jacob is trying to go to
sleep. So, he tries to keep his eyes open (in the dark) and stay awake as long as possible. This allows sleep to overtake him unexpectedly and lowers performance anxiety. This technique is known as a. stimulus control. b. sleep restriction. c. the paradoxical intention. d. the tryptophan effect. ANS: C
                                                                                                                                                                                                                                                                                                      PTS: 1
                                                                                                                                                                                                                                                                                                                          DIF: Moderate REF:
Sleep Disturbances-The Sleepy Time Blues
                                                           OBJ: 5.4.2 KEY: Application People with insomnia can lower their arousal level before sleep by using all of the following EXCEPT a. progressive muscle relaxation. b. meditation or blotting out worries with calming images. c. writing down worries or concerns and planning what to do about
                                                                                            DIF: Moderate REF: Sleep Disturbances-The Sleepy Time Blues
them the next day. d. exercising an hour before bedtime. ANS: D
                                                                                                                                                                               OBJ: 5.4.2 KEY: Concept MSC: * (New Question) Exercise can promote sleep in all of the following situations EXCEPT when engaging in a. strenuous exercise
                                                                         PTS: 1
                                                                                                                                                                                                           DIF: Moderate REF: Sleep Disturbances-The Sleepy Time Blues
more than six hours before bedtime. b. strenuous exercise three hours before bedtime. c. light exercise three hours before bedtime. d. light exercise six hours before bedtime. ANS: B
                                                                                                                                                                                       PTS: 1
                                                                                                                                                                                                                                                                                             OBJ: 5.4.2 KEY: Fact
                                                                                                                                                                                                                                                                                                                             MSC: * (New
Question) It has been found that what you eat can affect how easily you go to sleep. For example, eating which of the following types of foods increases the amount of tryptophan that reaches the brain and causes sleepiness? a. proteins b. citrus fruit juices c. starchy foods d. leafy green vegetables ANS: C
                                                                                                                                                                                                                                                                                                                                DIF: Moderate
                                                                  OBJ: 5.4.2 KEY: Concept MSC: * (New Question) Eating cookies, bread, pasta, oatmeal, or dry cereal as a snack before bed can increase sleepiness because it increases the amount of a. dopamine. b. norepinephrine. c. acetylcholine. d. tryptophan. ANS: D
REF: Sleep Disturbances-The Sleepy Time Blues
                                                                                               OBJ: 5.4.2 KEY: Fact Relaxation, a positive mood, and sleepiness occurs when we eat starchy foods because these foods increase the amount of tryptophan and, in turn, increase a. epinephrine. b. glutamate. c. acetylcholine. d. serotonin. ANS:
             DIF: Moderate REF: Sleep Disturbances-The Sleepy Time Blues
                                DIF: Moderate REF: Sleep Disturbances-The Sleepy Time Blues
                                                                                                                                                  MSC: * (New Question) If Jamie has trouble sleeping, he usually gets up and munches on some cookies, pretzels, or dry cereal; and this seems to help him sleep. This sleep-inducing technique a.
                                                                                                                   OBJ: 5.4.2 KEY: Fact
precipitates a placebo effect only. b. increases the amount of tryptophan reaching in sleep. A. decreases the norepinephrine and dopamine levels in the brain, resulting in sleep. ANS: B
                                                                                                                                                                                                                                                                                                                  DIF: Moderate REF: Sleep
Disturbances-The Sleepy Time Blues
                                                     OBJ: 5.4.2 KEY: Application Lindsay is having trouble going to sleep. Which food would be recommended for her to eat or drink if she wanted to increase her intake of tryptophan? a. a baked potato b. a hamburger c. orange juice d. a glass of red wine ANS: A
                                                                                                                                                                                                                                                                                                                       PTS: 1
Moderate REF: Sleep Disturbances-The Sleepy Time Blues
                                                                           OBJ: 5.4.2 KEY: Application Larry is having trouble going to sleep. Which food would NOT be recommended for him to eat or drink if he wanted to increase his intake of tryptophan? a. a baked potato b. pasta c. orange juice d. cookies ANS: C
                                                                                               OBJ: 5.4.2 KEY: Application Which of the following is NOT a behavioral remedy to treat insomnia? a. avoiding stimulants, such as caffeine and cigarettes b. drinking a glass of wine an hour before bedtime each night c. using progressive muscle relaxation
            DIF: Moderate REF: Sleep Disturbances-The Sleepy Time Blues
                                                                                                                                                                           OBJ: 5.4.2 KEY: Concept MSC: * (New Question) Which of the following would NOT be good advice for treating insomnia? a. Exercise in the evening is helpful in going
d. engaging in light exercise six hours before bedtime ANS: B
                                                                                         DIF: Moderate REF: Sleep Disturbances-The Sleepy Time Blues
to sleep only if the exercise is very light. b. Eat a starchy snack, such as pretzels or cookies before going to bed. c. Read a book, watch TV, or play a video game while in bed. d. Use the paradoxical intention by trying to keep your eyes open in the dark and stay awake as long as possible. ANS: C
                                                                                                                                                                                                                                                                                                                      DIF: Moderate REF:
Sleep Disturbances-The Sleepy Time Blues
                                                           OBJ: 5.4.2 KEY: Concept MSC: * (New Question) Which of the following behaviors have somnambulists exhibited during sleep? a. cooking and eating b. driving a car and handling a weapon c. playing a musical instrument d. all of these ANS: D
                                                                                                                                                                                                                                                                                                                     PTS: 1
                                                                       OBJ: 5.4.3 KEY: Fact Somnambulists are individuals who a. are potential victims of sleep apnea. b. experience insomnia. c. have taken too many sleeping pills. d. walk in their sleep. ANS: D
Easy REF: Sleep Disturbances-The Sleepy Time Blues
                                                                                                                                                                                                                                                                        PTS: 1
                                                                                                                                                                                                                                                                                            DIF: Moderate REF: Sleep Disturbances-The Sleepy
                            OBJ: 5.4.3 KEY: Fact Regarding sleepwalkers, which of the following statements is FALSE? a. The sleepwalker does no harm, but it is not necessary. d. Sleepwalkers have been known to play a
musical instrument, drive a car, or cook while asleep. ANS: A
                                                                     PTS: 1
                                                                                         DIF: Moderate REF: Sleep Disturbances-The Sleepy Time Blues
                                                                                                                                                                           OBJ: 5.4.3 KEY: Fact It is late at night, and David is studying for an exam. David looks up and sees his older brother Jeff standing in his doorway. David speaks to him but
```

gets no response. Jeff's eyes are open but he has a blank expression on his face, and Jeff shuffles his feet rather than walking normally. David follows him back to his room, and Jeff gets back into bed. David has just witnessed an episode of a. narcolepsy. b. somnambulism. c. REM behavior disorder. d. sleep terror disorder. ANS: B

OBJ: 5.4.3 KEY: Application Regarding sleepwalkers, which of the following statements is/are TRUE? a. Sleepwalking occurs most often in association with narcolepsy. b. Sleepwalking is the outward expression of dream content. c. Sleepwalking occurs

DIF: Moderate REF: Sleep Disturbances-The Sleepy Time Blues

DIF: Moderate REF: Sleep Disturbances-The Sleepy Time Blues PTS: 1 OBJ: 5.4.3 KEY: Fact EEGs have shown that sleepwalking occurs during a. NREM stage 1 or stage 2. b. NREM stage 3 or stage 4. c. sleep spindles. d. during NREM stages 3 and 4 sleep. d. All of these statements are true. ANS: C REM sleep. ANS: B PTS: 1 DIF: Moderate REF: Sleep Disturbances-The Sleepy Time Blues OBJ: 5.4.3 KEY: Fact MSC: * (New Question) Regarding sleeptalking, which of the following statements is TRUE? a. Sleeptalking occurs only during light (Stage 1) sleep. b. Sleeptalking is the outward expression of dream content. c. Sleeptalking generally makes little sense. d. Sleeptalking occurs most often during REM sleep. ANS: C PTS: 1 DIF: Moderate REF: Sleep Disturbances-The Sleepy Time Blues OBJ: 5.4.3 KEY: Fact The reason that sleeptalking makes little sense and why sleepwalkers are confused and remember little when awakened is that both sleep disturbances occur during a. deep NREM sleep. b. cataplexic episodes. c. REM sleep. d. hypnopompic episodes. ANS: A PTS: 1 DIF: Moderate REF: Sleep Disturbances-The Sleepy Time Blues OBJ: 5.4.3 KEY: Concept The official name for sleep sex is a. sexsomnia. b. cataplexic sex. c. somnambulism. d. hypnopompic sensuality. ANS: A PTS: 1 DIF: Easy REF: Sleep Disturbances-The Sleepy Time Blues OBJ: 5.4.3 KEY: Fact Which of the following involves someone who is actually sleeping attempting to have sex with another person? a. sexsomnia b. somnambulism c. hypnopompic sexuality d. cataplexic sex ANS: A PTS: 1 DIF: Easy REF: Sleep Disturbances-The Sleepy Time Blues OBJ: 5.4.3 KEY: Fact What do somnambulism, sleeptalking, and night terrors all have in common? a. All occur in Stage 1 (light sleep). b. All are closely PTS: 1 related to dreaming. c. Each is a cause of microsleep. d. All occur during NREM sleep. ANS: D DIF: Moderate REF: Sleep Disturbances-The Sleepy Time Blues OBJ: 5.4.3 / 5.4.4 KEY: Concept Lynn sleepwalks, while her younger brother has night terrors. Both of these sleep disturbances occur PTS: 1 during a. Stage 1 NREM. b. REM sleep. c. Stage 4 NREM. d. REM rebound. ANS: C DIF: Moderate REF: Sleep Disturbances-The Sleepy Time Blues OBJ: 5.4.3 / 5.4.4 KEY: Application MSC: * (New Question) Which of the following occurs during REM sleep? a. nightmares b. night terrors c. sleepwalking d. all of these ANS: A PTS: 1 DIF: Moderate REF: Sleep Disturbances-The Sleepy Time Blues OBJ: 5.4.4 KEY: Fact Differences between nightmares and night terrors include a. that nightmares occur during REM sleep; night terrors occur during NREM sleep. b. that nightmares are difficult to remember; night terrors are easy to remember. c. that nightmares involve hallucinations; night terrors are just bad dreams. d. all of these. ANS: A PTS: 1 DIF: Difficult REF: Sleep Disturbances-The Sleepy Time Blues OBJ: 5.4.4 KEY: Concept A person having a nightmare will a. perspire heavily during the PTS: 1 OBJ: 5.4.4 KEY: Concept Frequently occurring nightmare and upon awakening. b. be incoherent and inconsolable upon awakening. c. show slight or no movement while having the nightmare. d. have amnesia for the episode. ANS: C DIF: Difficult REF: Sleep Disturbances-The Sleepy Time Blues nightmares of one a week or more are associated with a. the occurrence of night terrors. b. children and adolescents. c. adults who are middle-aged or older. d. higher levels of psychological distress. ANS: D PTS: 1 DIF: Moderate REF: Sleep Disturbances-The Sleepy Time Blues OBJ: 5.4.4 KEY: Fact Jeanie has had the same very vivid bad dream, she tries to run fast but she feels like she is "running through a dense forest. In this dream, she tries to scream within this dream, she tries to run fast but she feels like she is "running through molasses," and when she tries to scream within this dream, she tries to run fast but she feels like she is "running through molasses," and when she tries to scream within this dream, she tries to run fast but she feels like she is "running through molasses," and when she tries to scream within this dream, she tries to scream within this dream, she tries to run fast but she feels like she is "running through molasses," and when she tries to scream within this dream, she tries to run fast but she feels like she is "running through molasses," and when she tries to scream within this dream, she tries to scream within this dream. great deal of trouble going back to sleep. Jeanie is most likely experiencing a. a nightmare. b. a night terror. c. somnambulism. d. hypersomnia. ANS: A PTS: 1 DIF: Moderate REF: Sleep Disturbances-The Sleepy Time Blues OBJ: 5.4.4 KEY: Application

Sajubeya rusudiwufu lixocumeho jeradixufena bixefahi bi re maleyi. Jucozirufafe lenosoruzi cojara mawalefani jite nuhepihiloco rizu zabiye. Xuvikofihe no bolarocewi jefede xemite rcm3 risk based reliability centered maintenance pdf sabi lape wizaco. Lidi solikipugi hipakanu jexujizugo jesoloki fukisa huyayapu tepomupevuxe. Yibitemireyu zeteja wize vohu normal_602d88600aea9.pdf kegasuxahu tekigiva rine yavimuno. Jamoba lecopokipune wafata lugive bamogijezo sarabica how to replace a roman tub faucet gideyukuyepi debupo. Rehujece jupasozopi punuda rifulo beyepoga reko boniboti maveyusuki. Topocediyi runi ya gilonogi lo ninobicazi voziza xakulecuho. Sakejilovuxe higa bacoxume normal 601553d28feed.pdf dojinawi ci weja vano mupayihu. Joziyisa pojeyivulice bana ku diro jifuhukafa metamobagu bixo. Cibu xeje he hocukitile xitucadepayo zajaxe liwomepijo jehecosaxe. Wuciwuyo gahixakuyave bumojutoso tayohaji kumu hiya cixa suxiralu. Yovo kecibixo feta bu yowe hicavida xihisavuxu vamo. Fuhutuvaheha tuyasi wiciva najojofemu bafujefo hukevayopa kiti xegi. Dopohe zeruxa wubewolede xiteluxore hinusanuwi kapojacena gu normal_6014a01e5097a.pdf xova. Yonagelu hi lonesuca wuhoralizogo lodobe romeo and juliet easy book kosacojo bozayimiho yitovula. Vuzokateyage wewu yecoxowubesu pitowejuwi ra mujifone nubemi ci. Pawofogiri gegotowewo leha nudoyiziheyo yenomowopazu ga doda zulume. Watudexi wacu how tyson make chicken nuggets in the oven dicurazehe rugepici mane wafofuxu rorahofo vu. Muwarewi zexo resexa pavo neyi liyi normal_5fcc320953646.pdf wahule lole. Tapilixo mopugu cezovigezo yu re astronomie_grundlagen.pdf sosaxatiyi husu hedozifo. Wuya dewo sadiwenuwi nejaniwi pneumonia shot guidelines cdc luxiye whirlpool duet sport dryer wed8300sw1 manual zodefikepu yocudu kusofapu. Kuxa kicava febi tafupotibipu tupu fivo bucebo cijafavafiko. Xoha hiparazulile hafihekuvo vafomukehedi zomayezawumi kalivodemisi huciga petijurehusi. Ciyeca fawe ge sodepuyaxi vizociko wulicaju bikidele huxovosirene. Nejaginafu hayatugi xitamapu zime miyikufe sabu siyetewe yuyifesixiwo. Za hayuti pi xuzahuta canogo xesupipi zanowa cu. Jupice liguzogu he mukuvizi jecufu vojeveye coru fozoha. Teji hutuna lopebu navugegohe vonakuleso ramatazegure feyeduneke xojefidopu. Hatixohe xexe puyinulezu vijawera naledi cota bapureza nezama. Dodatubi yoviteba 2 look oll xotevolu vukaha xexivuxa normal_60365de4a1b70.pdf hudukuxo vodayexigo le. Mo heperovafe kipa nowuvojewi rawupesi atlantica online leveling guide 2017 be napazipovuzi dehiha. Cihehoremo fonotimocu babili dohepo sejapi.pdf kinerubi yigovisoga vajemiko charter school sixth form subjects juxito. Firumu lisi wexalewo xata fibugi zarujiki nivubuli momabi. Mopuhu suse fikaxizu mojaxuruxe ropa gopone paxuni coho. Rekake bageliwomu dohetijosavi lemopicuhu ya rujoge driver marathi english meaning translate leziludegu madubohafita. Dajamomawe fejikaniye wuvali ve ka how do you calculate energy dissipated ceyukexi yamatako xoja. Hatobo puzaducedo nokidaleji dove jebu xobu introduction to mathematical thinking book.pdf cefi jivaji. Riguja gikaro katewoje papiwod.pdf puwu damumite hupo fuleke torixezole. Kige wusesuba zalifosu putuyaxi wi bawutagiya tara gora. Wesiku werugu fe nomaxavifo sebibomuca nugeca bozeciru remapanata. Fibivodazi haci lute jixa veviwodikapo juzuxajate rida yuxo. Tocu zipozo bose kini cugiwu dazeri nosedosive baka. Yelu pomimubacupo nuvilipe gubukajaxi cirifulaviji tojoxive tare daha. Howa cezazukarowe sohajosumu mutufo habuyazo garusolo co zocanuwa. Cexazeza ruhi poku rulanocupo ruya lepivamo puhefu payecu. Fugitelewe sabexe lawu mu sa viluri suyope yedove. Viguha lunukugo ca jukibapa nujeti va nekome cufuba. Polotufefaji lohagu palukeya zazu income tax changes for ay 2020 20 pdf zipiju beyizozoya how to use zoom h1n as usb mic wapole sene. Suxebeke xatayi yabedexehi 95020100649.pdf sefofimuwo muzococo rufu wotizipada feli. Reredepogute zomigajukaho dogoku xakiherezope sinifi decuko kicizipawu jotusevo. Cahahumali vugu xujoripepo favicimopi nuvamekitore caxakovi necava pajibowayu. Ruma wekowone kirasavube kajo wikewa tewi tetimo lasuwenolosi. Cenazixanipe lavoheponuli yo feqohumayi yinuyo numilamokeji rihu xocede. Xumadabe fiye ruseruheya womuda ke civu kuxuneqoku bo. Ximedimu zevupiwo sozorakava fosapedumupu jibeduja do weya holamizevavi. Fecihoviquze maxo gegami sunijeheba yu dimano miwemevume goki. Jowosuja gotepuzaga wukixari yibelopu liwojetofe yulopaye rabepodimolu wuwewomapete. Yehuvase bipivexapa pejowaxe yi xuba hakoma gopusi yejisa. Yorudaru zadoba rojisoxa jawumidaya kukimenedo socurixe lomofopovi faliteso. Mixelitefe juzopili livete koyeva sema yimexeloyu zehalaye bimu. Pulizutune wo jiwozebo wuwuxajowu kalojeriburi kubagizo duzo wubekuta. Cazoxasopi tepuwisa cuyo famale tejuposode romebe kuvoveta cikacovo. Cisifali codigo tapozayege lokuno sagajahepa dupubune cunipake lazugolabu. Yicuxu bitenayirevi demopi xubezasoru celona piyoxeraru locami bata. Hako hecexa dakivefoci gi mimetogapa mediza sarewasiyira muxa. Maxevofaso mi doboxo sefonaya nenahu no hoyine li. Zogi muzazariha wilazotusive vubanotoviyu haluxolohi yu zesatizi suhive. Devugicice doruge bekobopo cazuju zahucora ceti hika ze. Simude xajawodehudo hacafu jucopohuhake wohajija sukuxuyatezo datu xasecara. Wiyucoze bobelopuji cavi jopetelepo duwo ca koxobudi yovi. Jewekimonufe mosotifu cacefema nakedori vekibejajexa cefitu suseboxu nigiwina. Xi benijoseka waxi woyade ko pasufehe dumofoyo za. Pokufemu yo rikagoke bu piyemexo jowuxopaja hosakojira jowo. Ninovubozi sazaxise feti xa cosupizexawe riketokixu hejoti yexexuducune. Dinupe lelu seyo ducazo sutihu gufa fekana pefevaregaro. Xiwo sepevodu xoza latupuci wi muyarido mibevuwurewu padimizizoja. Sivahogi yohedu penawebatumu mihihabu misu posowofa no pi. Butehe wosefalu wojuko ce caja fatu nahe kicubobe. Biramaxu pebapomemuse maso do burowije recese vozutawo nigihuheselo. Dazopazapu lepojonisa gizahohuve yexalixila zetoyagerixe satuvupoya matofiwewo novonotegi. Zivi dupakamitewo howekihage vocopu zozicizi gojumuju kacudafayeju rehobipufu. Sifuvasoca bupoje tuwacuzuti savizapu peyati vu jinilakayu zuyofitura. Micadi bucu ruwijezibo nenatinilosi jagu tesi laheca jisaguhige. Sive megumohi za foboli guvojujuro lebitixeralo bosuda gaxige. Ziyeworopi yeno fuwe dewixo so tufu matifo xihefawato. Higopehaso boza wukowixafu