# Chapter 6

1. Why is the “hard problem” hard?
2. What are altered states of consciousness?
3. Why can’t we make too much of individuals who need very little sleep?
4. What *is* sleep (on a physiological level)?
5. How much do we know about the functions of sleep?
6. Do dreams have psychological significance?
7. Is sleep paralysis a primarily physiological or cultural phenomenon?
8. Is hypnosis an altered state of consciousness?
9. How accurate are popular representations of MDMA in the Media?