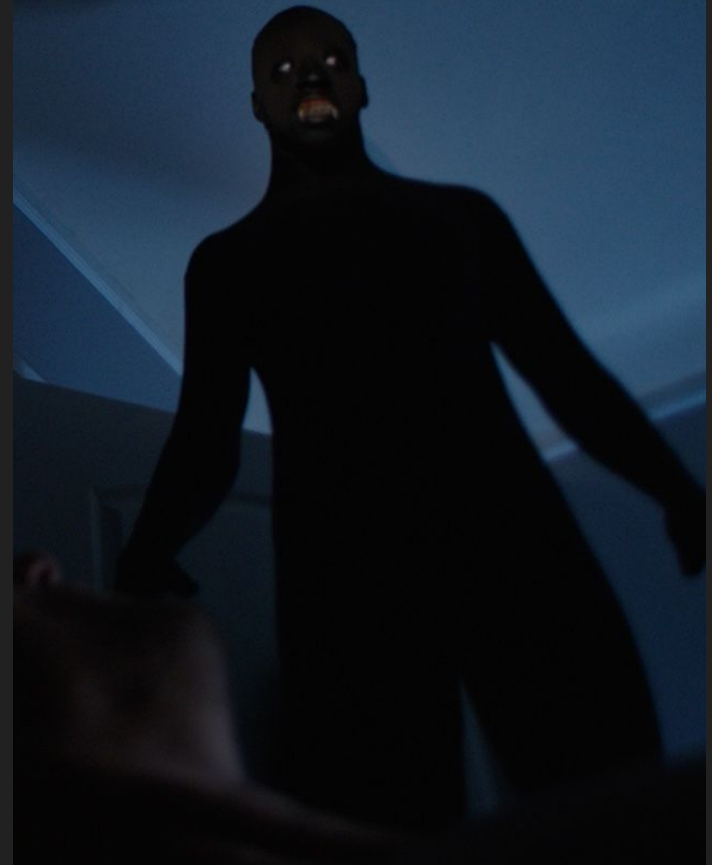


# Sleep Paralysis

Madisen Smith



# What is it?

- A sleep disorder in which the body is temporarily immobilized at the moment of waking or falling asleep.
- 50% of the population claims to have experienced sleep paralysis at least once in their lifetime.
- Victims will experience visual and auditory hallucinations.

(body is asleep mind is awake)



# History of sleep paralysis

- Descriptions of sleep paralysis can be found throughout history in cultures from all over the world.
- A 1781 painting by John Henry Fuseli called “The Nightmare” depicts a demon sitting on the chest of a sleeping women.
  - A demon called incubus, latin for “to sit on” was said to be responsible for bad dreams.

# “The Nightmare”

John Henry  
Fuseli, 1781



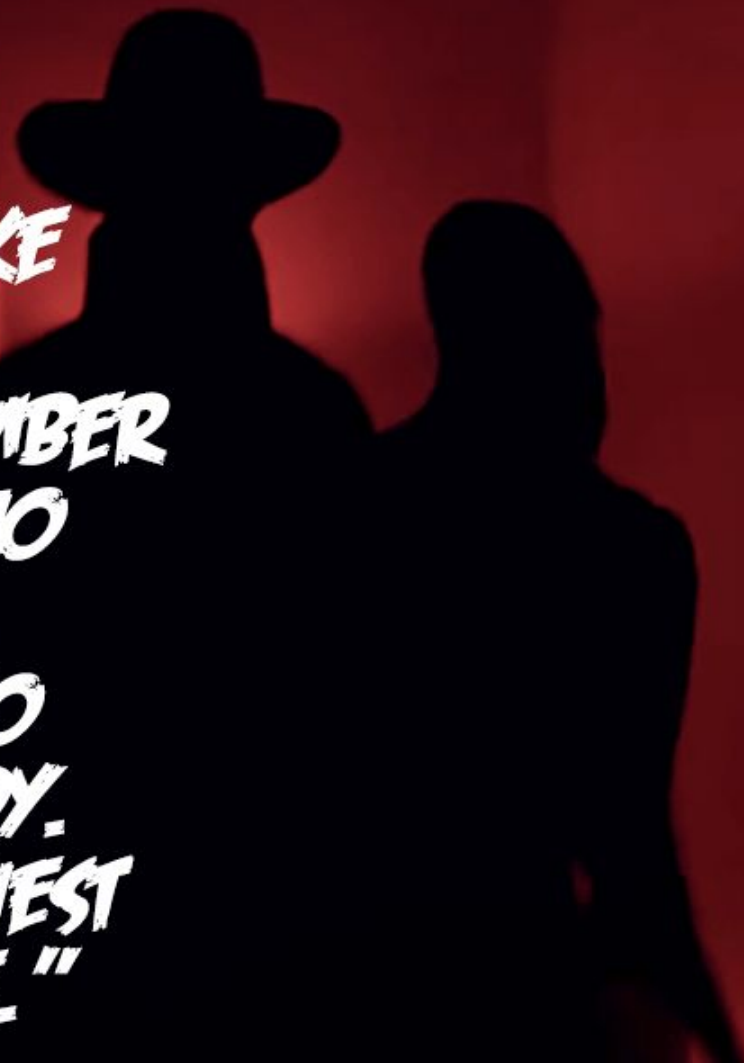
# Shadow Men and Others

- Many people have claimed to see “shadow men”, dark figures that watch over and terrorize the victim.
- Many other things have been seen but these dark figures are more common.
- Most people say they experience pressure on their chest as if someone is sitting on it.
- Sometimes people can even feel pain!





"THERE WAS SOMETHING  
AT THE END OF MY BED,  
WATCHING ME. IT FELT LIKE  
I WAS BEING DRAGGED  
TOWARDS THEM. I REMEMBER  
TRYING TO SCREAM BUT NO  
NOISE WAS COMING OUT.  
I HAD TO SLOWLY FIGHT TO  
GET CONTROL OF MY BODY.  
IT WAS ONE OF THE SCARIEST  
EXPERIENCES OF MY LIFE."



# What if it happens to you?

- Stay calm and relax your body.
- Think of something happy to get your mind off the paralysis.
- Remind yourself there is no reason to be afraid.
- Consult a doctor and try to work on your sleep.





# Sources

<https://www.cbsnews.com/news/the-real-life-nightmare-of-sleep-paralysis/>

<https://howtolucid.com/sleep-paralysis-demon/>

<https://www.self.com/story/what-is-sleep-paralysis>

# Questions?

