

What Is Sleep Paralysis?

Sleep paralysis is identified by a brief loss of muscle control just after falling asleep or waking up. **75% of sleep paralysis episodes** involve hallucinations

Intruder Hallucinations



Involves the perception of a dangerous person or presence in the room.

Vestibular-Motor (V-M) Hallucinations



Includes feelings of movement or out-of-body sensations.

Chest Pressure Hallucinations



Incites a feeling of suffocation.

Sleep With Me

JG Myers



Sleep With Me:

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