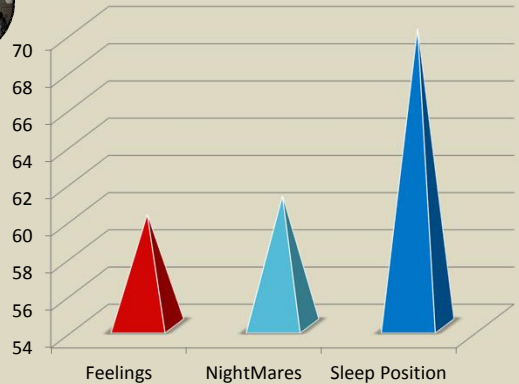




Introduction :

Sleep paralysis is a feeling of being unable to move and speak, this happens when a person passes between the stage of wakefulness and sleep. In this, the individual's senses and awareness are intact but they may feel as if there is pressure in the chest or as if they are choking, which is accompanied by hallucination and fear. It can happen alongside other sleep disorders, such as narcolepsy. (1)

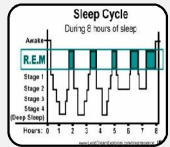


How Does This Happen?

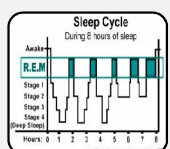
When a person wakes up before the REM cycle is finished, REM is the stage of sleep when the brain is very active and dreams often occur. During REM, the muscles of the body are essentially turned off. This happens to stop you from acting out your dream and hurting yourself. Sleep paralysis occurs when your brain moves out of the REM cycle but your body cannot move. (2)



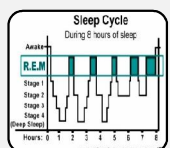
Steps Of Sleep:



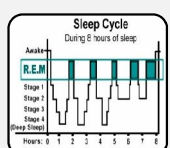
Non-REM 1 : A person in this stage is between being awake and asleep or is in a state of very light sleep.



Non-REM 2 : This stage is characterized by a slightly deeper sleep. Body temperature drops and heart rate slows down.



Non-REM 3-4 : The muscles relax, the supply of blood to the muscles increases, and the body repairs and grows tissue. Hormones are released. (2)



REM sleep : occurs in the latter half of the sleep period, especially the hours before waking, and it accounts for up to 20-25% of total sleep time in adult humans and 50% in infants. (3)



Factors Affecting:

- 1- Psychological factor "main".
- 2- Sleep on your back.
- 3- Depression.
- 4- Irregular sleeping patterns, due to jet lag shift work. (2)

Conclusion :

Although they are common, everyone does not know what their nature is, and they are not as dangerous as some think. It has no treatment but when you understand what it is, it's not dangerous to your life.

- 1- University of Illinois-Chicago S. Sleep paralysis: Causes, symptoms, and tips. Medical News Today. 2017. Available at: <https://www.medicalnewstoday.com/articles/295039.php>.
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- 3- REM SLEEP - TYPES AND STAGES OF SLEEP - HowSleepWorks. HowSleepWorks. 2018. Available at: https://www.howsleepworks.com/types_rem.html.

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