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Imagine waking up in the middle of the night with a strange creature watching you, can't move or ask for help. This is perhaps one of the scary experiences anyone can have because a person knows they are awake, but is completely stationary and trapped in a nightmare. However, scientists explain this strange feeling well and it is called sleep paralysis! The feeling is so terrifying that some cultures can see it as a supernatural phenomenon. In southeastern Brazil, for example, it seems to have spawned the legend of Pisadeira. In this story, a thin woman with untidy hair and a scary appearance enters people's chests at night and does not let them breathe or move. By the end of this text, you will understand what is the best explanation for this phenomenon, which can cause what symptoms a person may feel and what is the best treatment for sleep paralysis. Still, you'll learn a simple introduction to sleep better and avoid sleep paralysis! What is sleep paralysis? Sleep paralysis occurs when brain and body activity disorders cause the brain to wake up before the body. The brain wakes up, but the muscles are still numpower! Thus, the awareness of what is going on in the back is active, but the person cannot move, talk or open their eyes. One of the recurring symptoms is hallucination – which can be hearing, visual or touchable. This condition is quite common and affects almost 8% of the population at some point in their lives (one in 1,000 inhabitants), which is more common in students and people with psychiatric disorders. The duration of the period can vary from 20 seconds to 4 minutes, although the feeling of those experiencing it is much longer. Sleep paralysis usually occurs during waking up or falling asleep during a nearby period, the lightest stage of sleep, where the transition to the so-called sleep phase is during the so-near stage. At this point, called REM sleep, dreams are quite vivid and the level of brain activity is similar to when we are fully awake. REM Sleep REM sleep is an acronym that means rapid eye movement. In it, the eyes move quickly due to thalamus activity and the brain function is similar to when we were awake. People who are awake during REM sleep tend to feel alert, willing and very carefully! A person usually has about 4 or 5 cycles of rem, which are quite short at the beginning of the night and longer at the end. However, the amount of this sleep decreases with age! For example, a newborn baby sleeps more than 80% of the time in REM sleep, while an elderly person sleeps less than 10%. The average for a young adult is 20% of the total time of my life. With REM, the brain blocks some of our motor functions to prevent the body from obeying or waxing dreamlike orders. If it can lead to threats to ourselves, such as sleep walkers. And that's how sleep paralysis happens. Understanding the causes Experts say that most people experience sleep paralysis at least once or twice in life and that there are some habits and conditions that increase the likelihood of this event, such as: 1. Sleep deprivation and stress Sleep paralysis has been more common in people with poor sleep habits. Unregulated sleep schedule, stress and fatigue can increase the chances of triggering sleep paralysis. Sleep is the key to a good quality of life and adults need to sleep 7-9 hours a day. People with stressful routines, such as health professionals, firefighters, police officers and teachers, tend to sleep the most fragile dreams. Therefore, they can experience sleep paralysis more easily and even with certain recurrences. 2. Psychiatric disorders Everyone is under sleep paralysis, but certain groups are riskier than others. At-risk groups include anxiety disorders, deep depression, bipolar disorder or post-traumatic stress disorder (PTSD). 3. Sleep disorders Many people who often experience sleep paralysis also suffer from sleep disorders. Some of the disorders most

associated with sleep paralysis are: Narcolepsy Narcolepsy is characterized by excessive daytime drowsiness and stimulates the appearance of both paralysis and hallucinations. People who use narcolepsy sleep about the same number of hours as people without space, but the quality of sleep tends to be worse. Jet Lag Jetlag is a temporary sleep disorder that can affect people who travel quickly in different time zones. And it happens when the body's biological clock is not synchronized with signals from the new time zone. Insomnia Most cases of insomnia are associated with poor sleep habits, depression, anxiety, lack of exercise, the occurrence of chronic diseases or the use of certain medications. Symptoms may include: Difficulty sleeping or difficulty sleeping; Don't feel rested. What are the treatments for sleep paralysis? A significant help in the treatment of sleep paralysis is maintaining bedtime while respecting shifts. That is, sleep at least 7 hours a day, avoiding stimulating night activities such as: work, dinner, the use of electronic devices and physical exercises. If you have sleep paralysis, some attitudes can help you get out of the stroke or make this moment a little more painless. For example: 1. Try to stay calm The quieter you are, the faster the episode will pass! Try to remember that there is no real danger, that the episode is temporary, and focus on His breath. 2. Try to make small movements Relax the body and do not fight immobilization, then start trying small movements with your fingers and tip of the tongue. If you can't, imagine you're moving. 3. Repeat the positive mantra If you have auditory hallucinations, face them with positive words such as: I'm fine and I sleep well, I'll wake up soon or whatever calms you down. If sleep paralysis manifests itself as a separate symptom, there are no major problems. But if sleep paralysis persists for more than three or four continuous weeks, or if it interferes with a person's quality of life, it is important to consult a professional. Medication for sleep paralysis Medicines are used to treat sleep paralysis. However, they should only be taken on doctor's prescription. There is no known physical damage that sleep paralysis can cause. Since the duration of this phenomenon is usually short, it does not mean weakening muscle tissue or problems with vital functions such as breathing and the cardiovascular system. However, very unpleasant sensations felt during periods can have a negative effect on a daily basis. Treatment of sleep paralysis Provide comfort and emotional support for people suffering from sleep paralysis becomes necessary when the main deterioration it causes is in well-being and emotional state. Mainly considering that this phenomenon is associated with anxiety disorders, bipolar disorder. In addition, sleep paralysis can cause a person to develop fear of sleep and then deregulate their sleep. In this sense, emotional care causes the person to strengthen and can face periods in the best way. Sleep hygiene: 6 tips for better sleep Sleep hygiene can be defined as changing habits and activities or organizing those looking for the best orientation and sleep quality. Routine actions can help or hinder sleep. So we'll give you 6 tips to improve your sleep routine: If possible, just book your room or at least your bed area to sleep. Not doing other functions in bed teaches your brain that whenever you lie down, it is to sleep; Avoid taking stimulants before bedtime, such as: coffee, soda, energy drink or alcohol; Do not move 3 hours before bedtime; Avoid noise or strong white lights at bedtime; Avoid overeating before going to bed; Ensure the comfort of the bed and the environment. UniHalvaus eureka treatment If you think you are suffering from sleep paralysis or feel someone going through it, we want to help you. We are a psychology clinic that offers online and face-to-face psychotherapy. You don't have to go through this alone! Psychotherapist can help you overcome this situation and make your routine and life much happier. To schedule your first conversation without committing, click here! Feel free to access our pages on social networks today, such as Instagram, Facebook and Youtube! Youtube!

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