

WHAT IS SLEEP PARALYSIS?

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WHAT IS IT?

- The temporary inability to move or speak upon waking up
- Occurs during REM stage of sleep
- Very common, more than 3 million cases per year, ages 19-60+
- Associated with hallucinations

REM SLEEP

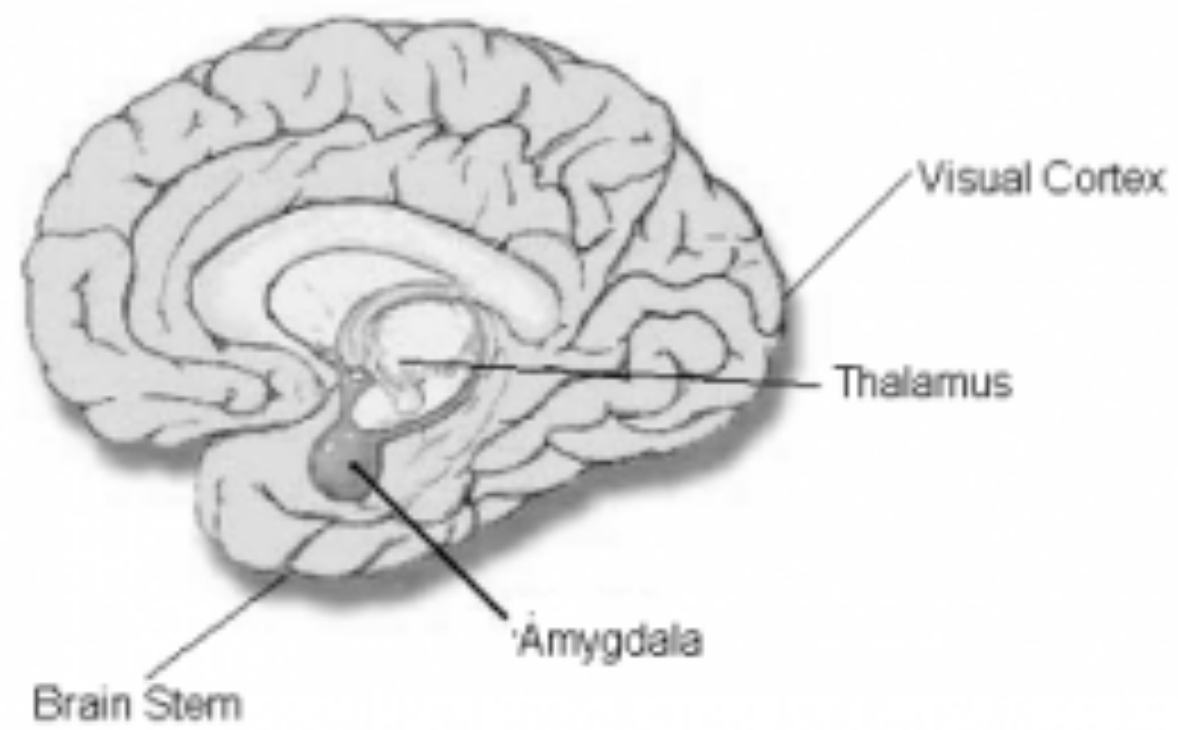
- Sleep paralysis occurs between REM (rapid eye movement) and NREM (non-rapid eye movement), about 90 minutes
- NREM relaxes the body before shifting into REM
- REM is where your eyes move and dreams occur, but your body is shut down

HALLUCINATIONS

- Hallucinations caused by the lowering of detection levels (hypervigilant brain state)
- During REM sleep, the amygdala is active (responsible for emotion and threat recognition)
- Bursts of activity from brainstem pass through the thalamus to the amygdala
- Normally response of fear is quickly confirmed or denied

HALLUCINATION (CONT)

- Sleep paralysis, sleeper conscious and amygdala active
- No longer able to disconfirm fear
- Lasts minutes



BIBLIOGRAPHY

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- "Sleep Paralysis Symptoms, Treatment, and Causes." WebMD. WebMD. Web. 17 May 2015. <<http://www.webmd.com/sleep-disorders/guide/sleep-paralysis>>.