

Is Sleep Paralysis a Sign of Something More Serious?

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In most situations, sleep paralysis is merely a warning that your body is not going smoothly through the stages of sleep, according to sleep researchers. Sleep paralysis is rarely linked to underlying psychological issues.

Symptoms of sleep paralysis have been reported in a variety of ways throughout history, and are frequently linked to a "evil" presence: ancient night demons, the old hag in Shakespeare's *Romeo and Juliet*, and alien abductors. Throughout history, almost every culture has told tales of dark demonic monsters terrorising innocent humans at night. People have long searched for answers to the inexplicable sleep paralysis and fear feelings that accompany it.

SLEEP PARALYSIS

The sensation of being awake but unable to move is known as sleep paralysis. When a person moves from one level of alertness to the next, this happens. During these changes, you may be unable to move or speak for a few seconds to many minutes. Some people may also feel suffocated or under strain. Other sleep disorders, such as narcolepsy, can cause sleep paralysis. Narcolepsy is a sleep disorder caused by a malfunction in the brain's ability to regulate sleep.

Is Sleep Paralysis a Common occurrence?

Sleep paralysis usually occurs at one of two times. If it happens as you're falling asleep, it's known as hypnagogic or pre-dormital sleep paralysis. If it happens when you're waking up, it's known as hypnopompic or post-dormital sleep paralysis.

What is Hypnagogic Sleep Paralysis and How Does It Affect You?

Your body gradually relaxes as you fall asleep. In most cases, you become less aware of the transition and hence miss it. You may find yourself unable to move or speak if you stay awake or become alert while falling asleep.

What Is Hypnopompic Sleep Paralysis and How Does It Work?

Your body switches between REM (rapid eye movement) and NREM (non-rapid eye movement) sleep during sleep. A typical

REM and NREM sleep cycle lasts 90 minutes. NREM sleep comes initially, accounting for up to 75% of your total sleep time. During NREM sleep, your body relaxes and repairs itself. Your sleep transitions from NREM to REM at the end of NREM. Your eyes move swiftly, and you have dreams, yet the rest of your body is comfortable. Your muscles are "shut off" during REM sleep. You may find yourself unable to move or speak if you wake up before the REM cycle is completed.

WHAT ARE THE SYMPTOMS AND SIGNS OF SLEEP APNEA?

When you fall asleep or wake up, you may experience isolated recurrent sleep paralysis, which causes you to be unable to move or talk for a few seconds or minutes. The majority of the time, there is no need to treat this ailment.

If you have any of the following concerns, consult your doctor:

- Your symptoms make you anxious
- Your symptoms make you fatigued throughout the day
- Your symptoms keep you up at night

WHAT IS THE TREATMENT FOR SLEEP PARALYSIS?

The majority of people do not require therapy for sleep paralysis. If you're nervous or can't sleep properly, treating any underlying disorders like narcolepsy may help. The following therapies may be used:

- Using antidepressant medication if prescribed to help regulate sleep cycles
- Improving sleep patterns, such as ensuring you get six to eight hours of sleep each night
- Addressing any mental health issues that may be contributing to sleep paralysis;
- Other sleep abnormalities, such as narcolepsy or leg cramps, should be addressed.

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