

Sleep Paralysis: Feeling of Conscious and Its Treatment

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DESCRIPTION

Sleep paralysis is a feeling of being conscious but unable to move. It develops as a person transitions from wakefulness to sleep. One might be motionless or mute during these changes for a brief moment to several minutes. Others might experience pressure or a feeling of choking. Sleep disorders like narcolepsy may also be accompanied by sleep paralysis. The excessive need to sleep that characterizes narcolepsy is brought on by a malfunction with the brain capacity to control sleep. Usually, one of two times can lead to sleep paralysis. It is known as hypnagogic or predormital sleep paralysis if it happens as we are about to fall asleep. It is referred to as hypnopompic or postorbital sleep paralysis if it occurs while we are awakening. Our body gradually winds down as sleep. Usually, we lose awareness and fail to notice the shift. While drifting off to sleep, we could have to discover that can be unable to move or communicate. Our body switches between REM (Rapid Eye Movement) and NREM (Non-Rapid Eye Movement) sleep while we are sleeping. REM and NREM sleep cycles endure for roughly 90 minutes. Up to 75% of our total sleep duration is spent in Non-Rapid Eye Movement (NREM) sleep. Our body unwinds and heals itself when we have to sleep in the NREM cycle. Our sleep transitions to REM at the end of NREM. While our eyes are moving swiftly, our body is still extremely relaxed. During REM sleep, muscles are "turned off". If we awaken before the REM cycle is over, we might find that we are unable to move or talk. Sleep paralysis may affect up to four out of every ten persons. Often, teens are the ones who first detect this

widespread illness. But it is accessible to both sexes, regardless of age. A family history of sleep paralysis may exist. Additional elements that could contribute to sleep paralysis include:

- Lack of sleep
- Irregular sleeping pattern
- Mental illnesses like bipolar disorder or stress
- Snoozing through one's back
- Additional sleep issues including narcolepsy or night time leg cramps
- Use of specific drugs, such as ADHD medications
- Abuse of drugs we have to probably have isolated recurring sleep paralysis if we have occasionally find ourselves unable to move or speak for a few seconds or minutes when falling asleep or waking up.

CONCLUSION

Treatment for this ailment is frequently not necessary. If we one worried about any of these issues, consult the respected doctor: One should not worry about symptoms. Symptoms make we have to extremely exhaust throughout the day and keep awake at night. We can take efforts at home to manage sleep paralysis if it occurs sometimes. Make sure we get enough sleep to start. Do all in our power to reduce stress, keep mind tension free especially right before bed. If we have got normal sleep on our back, try a different position and if sleep paralysis consistently keeps from receiving a decent night's rest. Symptoms can be managed by taking proper precautions.

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