

Sleep Paralysis: A Guide To Hypnagogic Visions And Visitors Of The Night By Ryan Hurd

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A person experiencing sleep paralysis will find they are temporarily unable to move or speak when they wake up, or are falling asleep.

Ryan Hurd (author of sleep paralysis) - goodreads

Ryan Hurd is the author of Sleep Paralysis Ryan's Friends (121) Sleep Paralysis: A Guide to Hypnagogic Visions and Visitors of the Night 3.85 of 5 stars 3

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Sleep paralysis occurs when the brain awakes from a REM state, but the body paralysis persists. This leaves the person fully conscious, but unable to move.

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sleep paralysis; The Dreamers Of San Francisco Series: Ryan Hurd is facing the tornado. Ryan Hurd is a Modern Day Puck. Photograph Courtesy

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