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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.

Sleep paralysis - nhs choices

Sleep paralysis is a temporary inability to move or speak that occurs when you are waking up or, less commonly, falling asleep.

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People who suffer sleep paralysis inevitably focus on their fear and discomfort, but rarely do they recognize that this strange experience also holds a huge potential

Sweet dreams are made of this. keeping the magic

Nightmares, sleep paralysis. Not all dreams are pleasant. Nightmares, sleep paralysis. Why do we experience these things? 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.

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