

ILLUSTRATIONS & TEXT : LARA PARATTE

CHAPTER 1

UNDERSTAND IT

IT BEGINS A DAY WHEN YOU WAKE UP, PRETTY
SURE YOU'RE TOTALLY AWAKE AND CONSCIOUS
BUT YOU CAN'T MOVE YOUR BODY ANYMORE

YOUR EYES ARE HALF OPEN AND YOU'RE NOT
ABLE TO OPEN THEM MORE

GENERALLY, IT'S FOLLOWED WITH AN ANXIETY
ATTACK

THEN YOU WAKE UP AGAIN AND REALISE THAT
YOU WEREN'T TOTALLY AWAKE BEFORE

YOU CAN'T REMEMBER HOW YOU MANAGE TO GET
OUT OF THIS PARALYSIS

THIS STATE COMMENCES TO BE RECURRENT
IT EXPRESSES ITSELF BY DIFFERENT
MANNERS:

- HEARING SOUNDS THAT DON'T EXIST IN
REALITY
- BEING ABLE TO SEE THE AUTHENTIC SETTING
OF WHAT'S REALLY SURROUNDING YOU
- SCREAMING (DOESN'T REALLY HAPPEN
BECAUSE YOU CAN'T MOVE YOUR MOUTH ANYWAY)
- FEELING YOURSELF MOVING YOUR ARMS
(SAME AS MENTIONED ABOVE)
- THE DECOR AROUND YOU STARTS TO TRANSFORM
- HAVING HALLUCINATIONS AND SEEING SHAPES
OF RANDOM SILHOUETTES



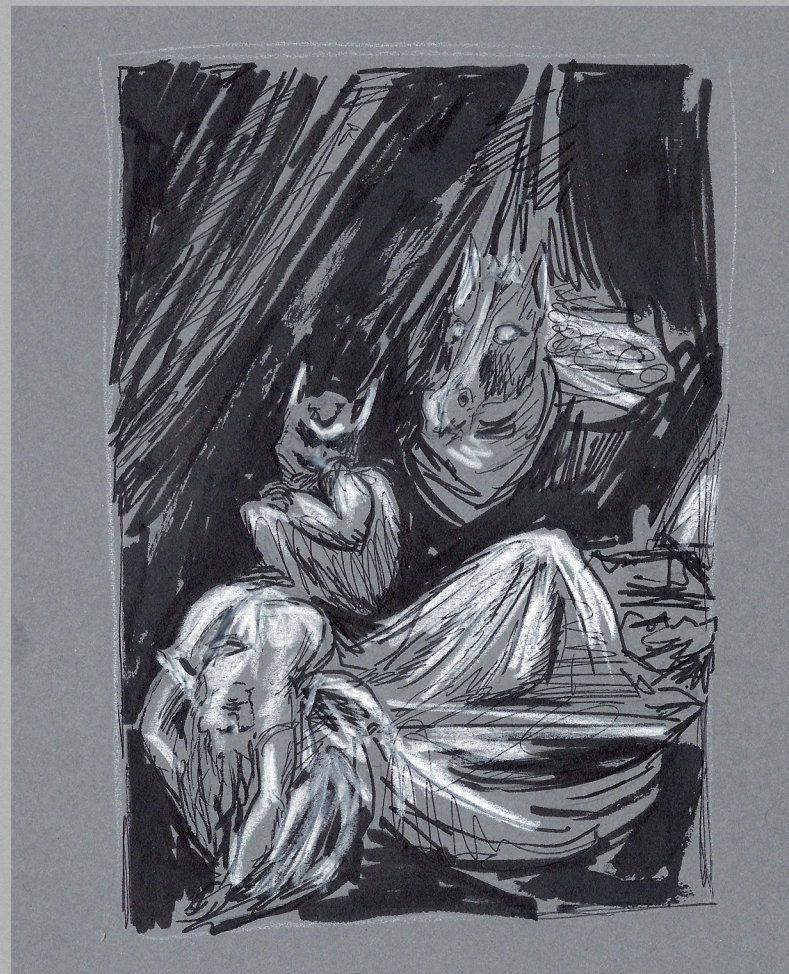
VISION OF A SILHOUETTE STANDING BESIDE MY BED IN 2019

WHEN YOU CONDUCT RESEARCH ON SLEEP
PARALYSIS, YOU FIND A LOT OF STORIES AND
EXPLANATIONS OF THIS PHENOMENON IN
FOLKLORE AND MYTHS ALL AROUND THE WORLD.

SLEEP PARALYSIS PLAYED A ROLE IN THE
GENERATION AND MAINTENANCE OF VARIOUS
BELIEFS IN WITCHES, DEMONS, VAMPIRES, AND
OTHER SUPERNATURAL ENTITIES.

HERE IS JUST AN OVERVIEW OF SOME FIGURATION OF THE SLEEP PARALYSIS THROUGH HISTORY AND DIFFERENT CULTURES. IT'S OBVIOUSLY NOT AN EXHAUSTIVE LIST.

- IN BRAZIL, «PISADEIRA» IS A LONG NAILED CREATURE WHO CRUSH YOUR CHEST
- IN MEXICO, A CORPSE CLIMB ON YOUR BODY AND PREVENTS YOU FROM ANY MOVEMENT
- IN INUIT FOLKLORE, SLEEP PARALYSIS IS CAUSED BY SHAMANS
- IN GERMANY IT'S A MALICIOUS ELF
- IN CAMBODIA AND THAILAND, IT'S REPRESENTED BY PHANTOMS
- IN FRANCE DURING THE MIDDLE-AGE AND RENAISSANCE, IT WAS CAUSED BY WITCHES



FOR THE NIGHTMARE (1781), THE PAINTER FÜSSLI WAS INSPIRED BY DIFFERENT REPRESENTATIONS OF SLEEP PARALYSIS

IN THE SCANDINAVIAN FOLKLORE, A
MALEVOLENT WOMAN GHOST IS RESPONSIBLE FOR
THE SLEEP PARALYSIS

THIS GHOST IS CALLED «MARA»

THIS IS THE ETYMOLOGY OF THE CURRENT WORD:
NIGHTMARE



FEW YEARS AGO A WOMAN CAME TO MY ROOM THROUGH THE HALF
OPEN DOOR TO SAY HELLO

SCIENTIFICALLY, THE SLEEP PARALYSIS IS A STATE ASSOCIATED WITH THE INABILITY TO MOVE WHICH OCCURS WHEN AN INDIVIDUAL IS ABOUT TO FALL ASLEEP OR TO WAKE UP

DURING RAPID-EYE-MOVEMENT (REM) SLEEP, THE MUSCLES OF THE BODY ARE PARALYZED, PRESUMABLY TO PREVENT THE DREAMER FROM PHYSICALLY ACTING OUT THE DREAM

WHEN YOU UNDERSTAND THAT, YOU CAN CONSIDER DOING SOMETHING ABOUT IT, LIKE CONTROL IT AND FIND A WAY TO GET OUT OF THIS STATE.