

*ILLUSTRATIONS & TEXT : LARA PARATTE*

# CHAPTER 2

*CONTROL IT*



IN ORDER TO CONTROL AND GET THE UPPER  
HAND OVER THE SLEEP PARALYSIS, FIRST YOU  
CAN TRY TO UNDERSTAND WHEN THIS PHENOME-  
NOM HAPPENS

USUALLY, IT OCCURS DURING THE PARADOXAL  
SLEEP (REM) JUST AFTER YOU GO TO BED OR  
JUST AFTER YOU WAKE UP

IT'S MORE FREQUENT IF YOU SLEEP ON YOUR  
BACK

ALSO IF YOU SLEEP WITHOUT BEING TOO TIRED,  
ESPECIALLY WHEN YOU TAKE A NAP WITHOUT  
REALLY NEEDING IT

FINALLY, IT'S PARTICULARLY MORE  
RECURRENT IF YOU SLEEP AFTER DRINKING  
ALCOHOL OR CAFFEINE



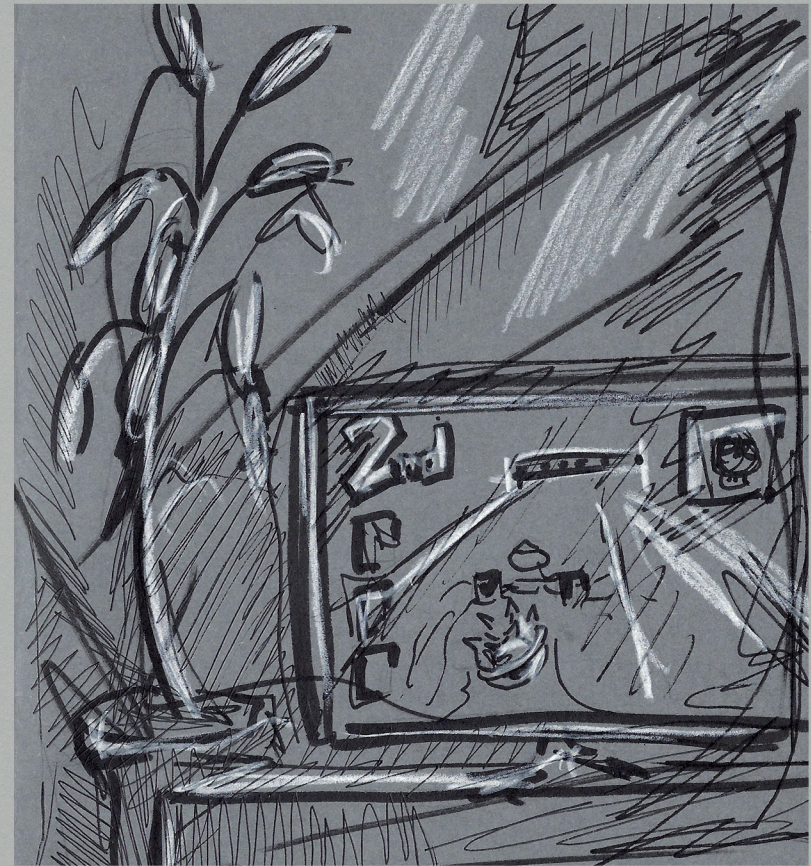
BUT NOW STARTS THE MOST DIFFICULT PART

YOU HAVE TO BE AWARE THAT YOU ARE LIVING  
A SLEEP PARALYSIS WHEN IT'S HAPPENING AND  
BE AWARE THAT YOU HAVE HALLUCINATION THAT  
AREN'T REAL

IT'S EASY TO SPEAK ABOUT THE THEORETICAL  
ASPECT OF IT WHEN YOU'RE TOTALLY AWAKE  
AND CONSCIOUS

BUT WHEN A SLEEP PARALYSIS EPISODE IS  
HAPPENING, IT'S VERY TOUGH TO ACT AND  
THING RATIONALLY

IT ASKS A LOT OF TRAINING TO DISTINGUISH  
HALLUCINATION FROM REALITY



*I ONCE FELL ASLEEP ON THE SOFA AS A FOOTBALL GAME  
WAS ON TV. SUDDENLY, I SAW THIS GAME CHANGE INTO A  
MARIO KART RACE. IT CLEARLY WAS A HALLUCINATION,  
BUT I WASN'T AWARE OF IT BEFORE I WOKE UP*



WHEN YOU START TO DEAL BETTER WITH THIS SITUATION, YOU CAN USE SOME TIPS TO WAKE UP AND GET OUT OF YOUR PARALYSIS

THE FIRST ONE CONSIST ON MOVING YOUR TOES. USUALLY, THE TOES AREN'T CONNECTED WITH THE REST OF THE BODY WHEN YOU ARE PARALYSED

THEN YOU CAN ALSO THINK ABOUT SOMETHING RATIONAL (REALLY HARD IN THIS STATE) LIKE FIGURING OUT A MATHEMATICAL CALCULATION, IT WILL YOU BRING BACK DIRECTLY TO THE REAL WORLD AND GIVE YOU BACK THE CONTROL OF YOUR BODY



*DURING ONE OF MY SLEEP PARALYSIS EXPERIENCE, I REMEMBER TRYING TO THINK ABOUT SOMETHING RATIONAL. THEN A PINEAPPLE CAME TO MY MIND (DIDN'T WORK FOR ME OF COURSE)*



YOU CAN ALSO RELAX, BREATH SLOWLY AND TRY  
TO GO BACK TO SLEEP. YOU WILL BE ASLEEP  
AGAIN AND MOST CERTAINLY WAKE UP NORMALLY  
LATER

FINALLY, ALWAYS MAKE SURE TO PUT AN ALARM  
CLOCK ON BECAUSE IF SOMEONE OR SOMETHING  
WAKE YOU UP, YOU'LL MOST CERTAINLY GO  
THROUGH A SLEEP PARALYSIS EXPERIENCE



NOW YOU'RE MORE COMFORTABLE WITH THE WAY  
OF CONTROLLING YOUR MIND DURING THE PARA-  
DOXAL SLEEP, YOU HAVE THE MAIN WEAPON TO  
ENTER INTO DIFFERENT KIND OF DREAMS

SLEEP PARALYSIS IS NOT ONLY A CREEPY AND  
A WEIRD STATE, IT CAN ALSO LEAD YOU TO A  
MORE USEFUL AND VAST PHENOMENON LIKE THE  
LUCID DREAMS