

# Sleep Paralysis: Current Insights and Future Perspective -A Review

**Prof. Pallavi T. Jadhav, Dr. Abhishek Kumar Sen, Ms. Kurhe Rutuja Arun**  
Pratibhatai Pawar College of Pharmacy Shirampur, Ahilyanagar, Maharashtra, India

**Abstract:** *Sleep paralysis (SP) is a temporary sleep-related condition that occurs during the transition between wakefulness and rapid eye movement (REM) sleep. During an episode, the individual is conscious but unable to move or speak, often experiencing vivid hallucinations, a sense of chest pressure, or the feeling of an unseen presence. Although harmless, the condition can cause intense fear and anxiety, leading to disturbed sleep and daytime tiredness. Sleep paralysis has been known for centuries and is often surrounded by cultural or supernatural explanations. However, scientific research shows that SP results from a disruption in normal REM sleep regulation, where the brain awakens while the body remains temporarily paralyzed. It commonly affects students, shift workers, and individuals with stress, irregular sleep schedules, or sleep deprivation. While occasional episodes are considered normal, frequent occurrences may indicate underlying sleep disorders such as narcolepsy. Management focuses on reassurance, maintaining regular sleep patterns, and practicing good sleep hygiene. Recent studies suggest that awareness programs and non-pharmacological interventions can help reduce stigma and improve sleep quality. Continued research is necessary to explore the neurobiological mechanisms and potential therapeutic approaches for this condition in the Indian population.*

**Keywords:** Sleep paralysis; Rapid eye movement (REM) sleep; Parasomnia; Sleep disorders; Hallucinations

