《解读“鬼压床”看完再也不怕了！》

你有没有睡觉的时候突然有了知觉但是身体不能动的时候？也就是民间所谓的“鬼压床”？鬼压床在午休和晚间睡眠时都可能发生。其实，这种情形跟鬼怪根本无关，在医学上有一个正规的学名：睡眠瘫痪症。所幸这种情形多半在几分钟内会自己慢慢地或突然地恢复肢体的动作。

Sleep paralysis episodes typically occur either early in the night, as someone is falling asleep, or towards the end of the night, as someone is waking up. Stressful life events, anxiety, sleep quality and genetics are all linked to it.

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In a recent UK study, nearly 30 per cent of respondents said that they had experienced at least one episode of sleep paralysis in their lifetime.

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While sleep paralysis can be a terrifying ordeal to go through, those who do experience it should try to remember that it is a temporary and harmless event.

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