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Sleep Paralysis Very weird experience

(self.Paranormal)

submitted 2 months ago by [Neither_Witness_2430](#)

So my sleep schedule is crap. I haven't slept well in months and sometimes I stay up days at a time before my body shuts itself down. Around 4 am I could feel my body going into its regular routine of shutting down. I started "dreaming" that a few people I knew years ago and I were fighting some sea military. I say "dreaming" because I wasn't fully awake but not asleep either. I could still hear my Tv and things like that. So basically I ended up almost falling in a dark hole in the sea but I was saved by someone. In the dream I immediately took out my laptop from god knows where and looked up what that dark hole could be. As I was typing it in I felt hands and claws start grabbing at me. They began pulling me down into darkness and covered most of my body. There was this one in particular hand with claws that had a tight grip on my left wrist. I couldn't move at all. But I was..awake. My eyes were closed but I was aware of my surroundings. I tried to move my arm and couldn't. Then I tried my leg and finally got it to move a bit. It felt all tingly. When I finally got control of my body and shot up, my left wrist was sore to the touch. There was no bruise, no scar, no cut, just sore. It was like that for about an hour. I've never experienced sleep paralysis so i'm wondering if that's what it was or if anyone's had any similar experiences.

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[–] **chichix4** 3 points 2 months ago

I've experienced "sleep paralysis" and personally think science is just trying to create an explanation for something supernatural. Mine happened twice and was terrifying both times. I also had a lot of other unexplained paranormal things happening in the days surrounding these incidents so don't buy the sleep paralysis explanation in my case.

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[–] **haijepang** 3 points 2 months ago

That was an interesting story but I just wanted to say that I'm currently having the same EXACT problem with my sleep schedule. I even told my friends about it just like how you described. My body starts to feel tired at around 4-5 am but since I have work early I would not be able sleep. Though on my free day I try to not sleep when I feel super tired and ended collapsing, not literally, at 1 pm in the afternoon. This all started because I slept really late one night and woke up stupid late lol, like 5 pm late. Update me if you've got any progress on getting your sleep schedule back to normal maybe it'll help me too :)!

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[–] **Civil-Unit** 4 points 2 months ago

I know this sounds crazy but I've had similar experiences and I got desperate enough to pray to Jesus and it made it go away. Lol whatever you believe maybe that will help!

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[–] **weanabean** 1 point 2 months ago

But is sleep paralysis able to cause pain from a dream??? I find this to be more of a paranormal experience than sleep paralysis imo.

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[–] **Aplusapplusapplus** 1 point 2 months ago

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I've had a similar experience with sleep paralysis where a dark shadow figure came over my bed while I was sleeping in the dream and started sucking out my life. Because of it I couldn't breathe in the dream / real life. I consciously became aware of it and told myself "wake up! Wake up!" And I woke up

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[\[-\] barefootedfish](#) 2 points 2 months ago

I have seep paralysis on the regular and this sounds a lot like that. Falling into a pit, hearing waves crashing, seeing shadows, not being able to move, all indicators of that.

I've had some experiences where my arm is sore going to sleep, then I have a weird paralysis dream where something is biting or stabbing me, and I wake up with my arm sore.

Sometimes I wake up from a dream just to be in another dream, not pleasant AT ALL but not uncommon in my opinion, just reading what you posted about waking up and typing only to be sucked into another dream.

Sleep should be a sanctuary, and it sucks that it's not for a lot of people. Hoping it gets better for you!!

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[\[-\] Mahou_](#) 5 points 2 months ago

I've had two sleep paralysis experiences and based off of that, I can definitely say that those feelings and experienced definitely DO feel real while you're having them and can be pretty vivid, tho you can usually tell they're not real when it's over. Also the body is capable of producing bruises, scars, and even freckles and birthmarks based off of strong psychological feelings- it's very normal, if rare. Im not telling you all of this to invalidate your experience, I'm only telling you this in order to provide you an explanation in case you want to forget it and believe it was just a particularly vivid nightmare (which it very well may be)- in the end, only you know what happened though. I hope you feel better!

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[\[-\] Guitedditor](#) 4 points 2 months ago*

Sleep paralysis is crazy. I've had a few experiences. It can be quite freaky!! The last one really scared me, I was at my cousins house and I just couldn't move.. I kept trying to yell help, but my mouth wouldn't move. Eventually I started to make sounds and could slowly move. I was fully aware of my surroundings and felt like I was in danger. My wife had it happen on the beach one time and it was full of sounds according to her, like a low rumble/murmur which is also common and is regularly associated with extraterrestrial

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abductions. I hope that next time it happens I can consciously make a difference kind of like lucid dreaming.

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[–] [LongTimeChinaTime](#) 2 points 2 months ago*

I used to think what might actually be central sleep apnea, was just sleep paralysis. As a kid I would find myself unable to breathe shortly before fully waking up in the morning, but simultaneously finding myself unable to move to wake up and I'd have to struggle to wake up and finally once I did I could breathe again.

As an adult this breathing issue has returned full force. But this time it happens when I'm about to fall asleep, and there is no paralysis involved.

I think as a kid I was having central sleep apnea that coincided with sleep paralysis.

As for the paranormal stuff, what I can say is yes absolutely there is more to life than the mundane stable experience of reality that most people report. Who or what you encountered, if anything at all, is impossible for me to say for sure.

Also as a younger man and kid I was very faithful that God and reality were bright on earth. I have come to gradually notice and gather that reality and the universe is in fact quite peculiar and vicious. Reality is irrational and doesn't make perfect sense. Aliens are probable, and I'm of the opinion that Humans as they exist today are ALL alien/earth hominid hybrids, where a race took genetic info from their race and infused it into earthly hominid DNA that existed prior, hence this reportedly conflicting instruction from major religions.

I've started developing the possession of viciousness and apathy for humanity in general in my heart, as opposed to a benevolent yet morbid position I bore as a child. This is due to non-consensual consumption of waves of hatred from other humans dating back to my childhood.

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[–] [Lee--Sensei](#) 1 point 2 months ago

That's sleep paralysis but in my culture sleep paralysis is ghost/demons not scientific crap that they say it is

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[–] [deleted] 1 point 2 months ago*

That's freaky. I've had sleep paralysis a couple of times I think but never tried to fight it. I would just let it get crazy for a bit and roll over and go back to sleep. It does seem to pop up during stressful times like what you are going through. Claws were just trying to keep you sleeping

Edit: If I had that dream, I would take it to mean: limit your screen time drastically.

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[–] [mikemorana](#) 2 points 2 months ago

I highly doubt this is a paranormal experience (but nothing is impossible, right). At the very least, most or much of this experience *can* be chalked up to common sleep phenomenon, side effects of poor sleep, and/or hypnagogia.

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[–] [LiamsBros](#) 4 points 2 months ago

that's creepy af

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[–] [cleanwind2005](#) 3 points 2 months ago

Sleep paralysis. It's truly scary AF.

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[–] [Ultrazilla24](#) 14 points 2 months ago

That is sleep paralysis. Ive had experiences where i can't move my limbs at all and it feels like like one hour. Its sleep paralysis.

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