

r/Paranormal

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Experience I'm paranoid now someone please explain (self.Paranormal)
submitted 2 months ago by BrambleclaW102

Hi, I'm a new guy here, and I'd like to see what you guys think of this.

I'm so scared now, you might think I shouldn't be because nothing major has happened, but it's the first (actually second) time something like this has happened.

So basically, I'll start with the first one. I was sleeping on the couch when my moms said she got me sort of awake and guided me to my bed. I woke up at around 4 o'clock and the lamp was on. Not a big problem, my mom probably forgot to turn it off. One thing was that my glasses were halfway under my bed, basically in the middle of the bed underneath it. No big deal, got them, turned lights off and slept.

Second time was last night. I woke up at 5 AM to the actual bedroom lights on, glasses on my face and my phone in the bed rather than the end table. Now this spooked me because I remember getting up from bed before sleeping to turn off the light put the phone away and glasses, then sleep. This freaked me out so I woke up and slept on the couch.

I don't think anyone died in this house because it was made a few years ago and we bought the house like the land and got it built. I do sleep with a build a bear dinosaur (don't hate me ok it helps me sleep). I have 3 religious items in the room: a small wooden cross above the head of my bed, a colored in image of Jesus that doesn't look great but is good for a young grade schooler at the time. The third one is a bible and it's closed and on the end table next to my bed.

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Whenever it happened these items were not disturbed.

I would really like some explanation for this and maybe some reassurance because I need to sleep soon so I need some strength to get through the night.

Sorry for formatting, I'm mobile!

Edit: fixed aid to said

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[–] nigg99 2 points 2 months ago

Possible carbon monoxide poisoning? Sounds like you might be experiencing memory loss but it is only a suggestion. It doesn't sound like any sort of activity imo, but does it only occur at night?

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[–] BrambleclaW102 [S] 1 point 2 months ago

It does only occur at night. It's been a day since I posted this and lasts night (the night I posted) I slept and nothing happened when I woke up

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[–] nigg99 2 points 2 months ago

Good to hear, stay safe. If it happens again maybe think about getting a journal to write what you did before and after you fall asleep /wake up to reassure yourself

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[–] BrambleclaW102 [S] 1 point 2 months ago

Alrighty

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[–] [deleted] 4 points 2 months ago

Your just doing things in your sleep. I once took the trash out naked while sleeping

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[\[-\]](#) [Brambleclaw102](#) [\[S\]](#) 1 point 2 months ago

I also think I got the wrong flair, sorry!

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