

3 Conditions Mistaken as the Paranormal

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Here are some common conditions mistaken as the paranormal

3 Mistake Phenomena:

- *Sleep paralysis*
- *Hypnagogic hallucinations*
- *Sensed presence*

There are three common conditions that are often mistaken for the paranormal: sleep paralysis, hypnagogic hallucinations and the sensed presence. Many times people who experience one of these phenomena believe they have instead experienced something supernatural whereas it was an entirely explainable event.

The first condition is sleep paralysis. Sleep paralysis is described by Wikipedia as “Sleep paralysis occurs when the brain is awakened from an REM state into essentially a normal fully awake state, but the bodily paralysis is still occurring. This causes the person to be fully aware, but unable to move. In addition, this state is usually accompanied by certain specific kinds of hallucina-

tions.”

Many people who experience sleep paralysis find it very disturbing.

The next condition is known as a hypnagogic hallucination. A Hypnagogic Hallucination occurs when the dreaming mind intertwines with the waking mind. This can occur on waking (Hypnapomic Hallucination) or at sleep onset (Hypnagogic Hallucination)

H.H. is a common occurrence in people with narcolepsy, however, many people have experienced this phenomena. And although it is called an "Hallucination", it is not at all dangerous or a symptom of a dangerous disorder.

The last condition is the sensed presence. This occurs when your brain

falls out of sync. Liter-



ally half of your brain is “sensing” the other half

The Nightmare, by Henry Fuseli (1781) is thought to be one of the classic depictions of sleep paralysis.

of your brain. This is the most commonly reported mistaken phenomena. Many people report being alone in a room and “sensing” they are not alone.

There are other phenomena that can occur but these are the top three. One has to remember to look for all explainable phenomena before looking to a supernatural reason.