

Communication Design / Project III

Communication in Healthcare

Demystifying Sleep Paralysis

Keywords: Sleep paralysis, Hypnagogic Hallucinations, Perceptual Process, Awareness

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How does sleep paralysis feel like ?

A little girl in the corner of my room staring at me. Then, without notice, she shrieks and runs up and starts choking me.

A large dark figure, kind of a human silhouette, emerging from the foot of my bed and staring down at me.



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Something banging and scraping on my bedroom door. I keep it locked at night because I have had ones where it opens by itself.

No, the door isn't open when I wake up. It only opens in the dream.



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My bedroom door opening by itself followed by dark figures coming into my room.



How does sleep paralysis feel ?

The worst thing is when you try to fight or call for help. Your voice doesn't work and your body will not respond. You just feel helpless.



Where to find help ?

1. People (family and friends)
2. Internet
3. Sleep specialist

Where to find help ?

1. Peoples (family and friends)

7.6 % of general population experiences **sleep paralysis**.

Where to find help ?

1. Peoples (family and friends)

7.6 % of general population experiences **sleep paralysis**.

Most of the people never experience sleep paralysis or they forget the one or two instances they experienced. When people came to know these experiences they reckon them as supernatural, paranormal or superstitions.



The Nightmare by Henry Fuseli (1781) is thought to be a depiction of sleep paralysis perceived as a demonic visitation.

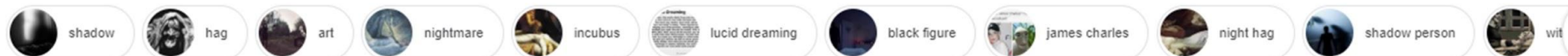
Where to find help ?

2. Internet

-Information on internet is too mixed up and reflects views that contradict past claims and assumptions. Hence, the data is too mixed up

-More horrifying experiences

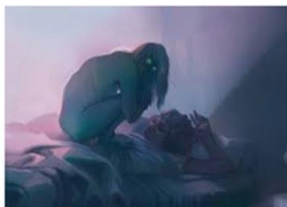
-Need to research a lot with further confirmation



Sleep paralysis: where your nightmares ...
news.com.au



Reveals the Real-Life Horror ...
vice.com



Move. I Tried to Scream but Couldn't ...
thestranger.com



Sleep Paralysis : creepy
reddit.com



Sleep Paralysis - ScienceoHolic
scienceoholic.com



Sleep paralysis: five horrible facts
monimovi.com



What is sleep paralysis? - ...
open.edu



Sleep Paralysis: Why Is It So S...
putthatcheseburgerdown.com



25 CREEPIEST Sleep Paralysis Stories ...
youtube.com



Sleep paralysis..... has any...
reddit.com



Sleep paralysis - Wikipedia
en.wikipedia.org



Five Common Questions About Sleep...
justbedding.com.au



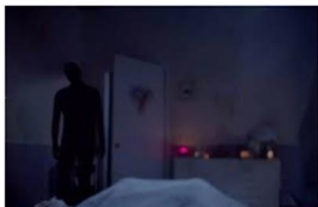
Sleep Paralysis: Causes, Symptoms ...
livescience.com



Sleep Paralysis | sleep par...
flickr.com



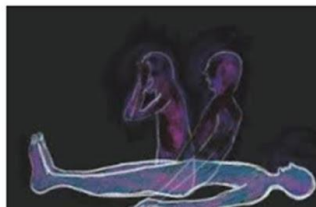
I suffer from sleep paralysis ...
medium.com



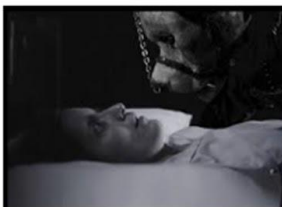
My Encounter With Sleep Paralysis ...
universityex.com



What it's like to have sleep paralysis ...
stuff.co.nz



Sleep Paralysis - it's fucking ...
critic.co.nz



10 Terrifying Facts About Sleep Paralysis
lolwot.com

**Jovita Nkechinyere Browne**

Sleep paralysis is pure evil, I have seen so much in my years of experience. I had told a child hood friend who advised me on what to do to see the face of the evil, I did and I was standing face to face with this man.

Like · Reply · 5 · 39w

**Kelly Liwanga**

Am really curious Jovita, tell me what you did to see this man.

Like · Reply · 1 · 32w

**Jovita Nkechinyere Browne**

In my teen years I had a friend that seemed to know too much about all these and she had told me to slap the air just immediately the stuff let you loose, don't wait a second, just slap the air immediately you feel free, like you are slapping some one on the face and you will see the face

Like · Reply · 1 · 28w

**Jani Ramone**

Jovita Nkechinyere Browne I once had sleep paralysis (several times before) but this time I just felt the urge to do something about it I never saw a shadow in my previous times but this time I managed to fly up from bed do a 90 degree in the air get a AUG Steyr automatic face the shadow and shoot it very cool experience always face the thing and tell it to fuck off that's very satisfying

Like · Reply · 1 · 26w

**Jovita Nkechinyere Browne**

Jani Ramone wow

Like · Reply · 2w

**Sam Link**

Has anyone felt pain or been hurt by the presence or shadow guy.

Like · Reply · 2 · 34w

**Ashley Larson**

Mine was wolf-like and he just stared at me in my closet with yellow eyes. He was definitely evil but it somehow felt like he didn't want to hurt me.

Like · Reply · 1 · 29w

**Daniel John Rice**

Ashley Larson I've had a very similar dream but it was a bald man with large eyes that glowed red like big stoplights and was walking around looking through all the windows of my apartment. It was really creepy but somehow I knew he could not get in.

Like · Reply · 1 · 29w

**Jovita Nkechinyere Browne**



Danny Ky

For the past few weeks I have seen the shadow man in my sleep, it is actually scarier then I ever imagined.

Tonight I was asleep when suddenly I felt the significant pressure on my chest (this was the sign of the shadow man approaching) I couldnt move. I couldnt scream. I was stuck in my paralyzed dream. He dragged me out of bed and on the floor. He picked me up so I was floating and pinned me back on the bed. I tried to pray but it was useless. I couldnt move. He held me there. I looked up at him, I could see his form. I could tell where he was darker than the rest of the room. He held me down, as if it was physical and I tried to move. I tried so damn hard, but he was so much stronger than me. This went over a few more minutes. He then whispered something in my ear.. then I was pinned alone for a few moments and I woke up.

That was the scariest thing I have ever experienced. Awake I do not recall what he whispered to me, but I do remember his strength. Well I prayed now. I need to go back to sleep. I have to go to work in a few hours, I hope I dont see shadow man again tonight.. wish me .

Like · Reply · 2 · 29w



Mike N Stacie Coffee

What he say?

Like · Reply · 18w



Danny Ky

Mike N Stacie Coffee Idk. 6 weeks and nothing. All I had to do was ask for jesus's help and he sent the angels & it hasn't happened to me since. Amen

Like · Reply · 1 · 17w



Sam Link

Has anyone felt pain or been hurt by the presense or shadow guy.

Like · Reply · 2 · 34w



Ashley Larson

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Daniel John Rice

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Where to find help ?

3. Sleep specialist

Improving sleep habits

- creating a relaxing sleep environment
- cutting down on alcohol, smoking and other stimulants
- eating a healthy diet, at regular meal times
- keeping a regular exercise routine
- adequate exposure to natural light
- avoiding TV, video games and computers before bed

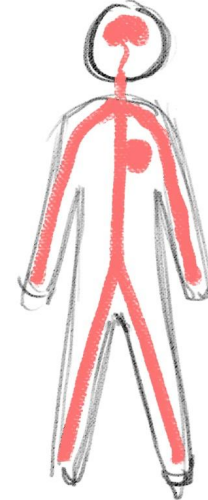
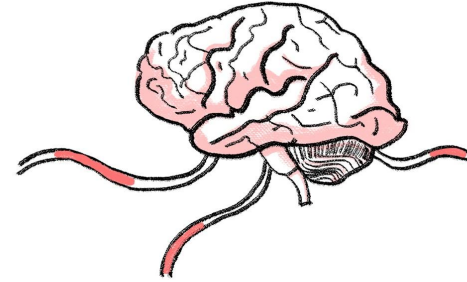
How does it occurs ?

Usually occurs when we about to sleep or about to wake up. When we about to do so, brain sends signal to muscles to paralyse themselves.

So that we don't act out in dream in our dream and hurt ourselves.

When we about to wake up, it sends another signal to muscles to get back to normal.

But sometimes, brain and muscles loose coordination, so the brain wakes up but the muscles remain paralysed, when this happens, we experience super realistic and terrifying illusionary hallucinations which makes us feels we are going to die.



Why are they malevolent experiences in sleep
paralysis most of the times?

Hypnagogic Hallucinations

When a person wakes up and find themselves paralyzed, it activates their threat-activated vigilance system in the quotes; this is a protective mechanism the body uses to differentiate between dangerous situations and determine the fear response is appropriate



A noise in woods activates vigilance system would cause
You to be high alert until you determined if the
Source of the noise was the treat or not.

The process is associated with part of the brain called the Amygdala, which is responsible for extreme emotions like fear;

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Amygdala - Sleep Paralysis

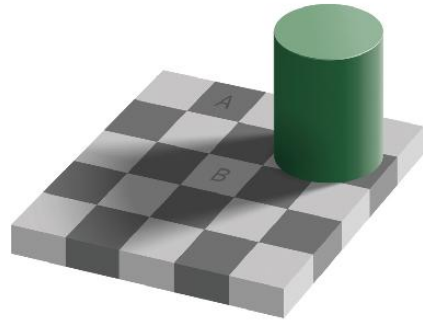
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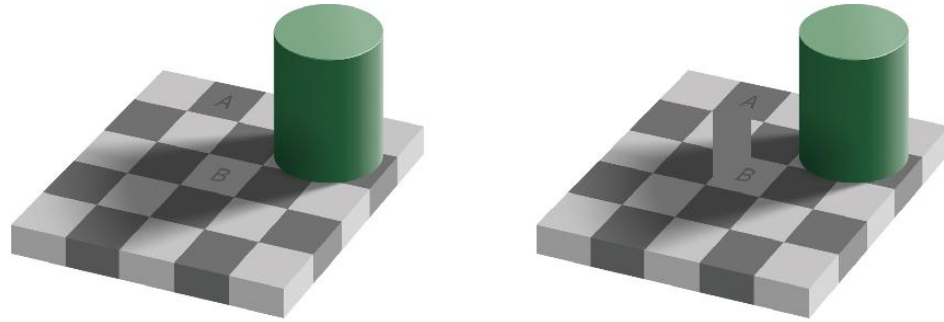
So, when it can't find any real threat, it creates one that felt presence which would then cause other Hallucinations.

How brain hallucinates to create reality ?

Experiment 1: Visuals

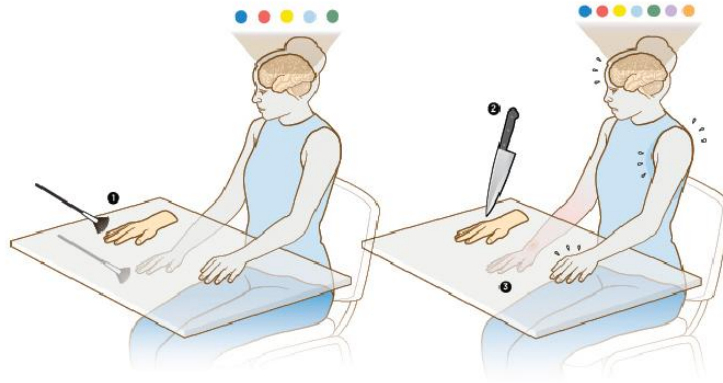


Experiment 1: Visuals



Brain can use new predictions to change,
What we consciously experience.

Experiment 2: Tactile



Sensory information coming into the brain hasn't changed at all.

Only brain's best guess of the cause of sensory information and that changes we consciously hear (or experience).

Hallucination : Uncontrolled Perception

Perception : Controlled Hallucination

Background study

Nicolas Bruno's work

By creating self-portraiture that reenacts the dreams, he was able to share what he was going through each night and externalize something deeply personal through a positive outlet.





Raphael Lezinsky's work

Collages of his sleep paralysis episodes, to express the expression with digital media, painting, sketching and drawing on watercolour with textures and splotches with meticulous details.





Avinash's work

Creates scapes from nightmares and episodes from sleep paralysis to depict his experiences







Approach 1

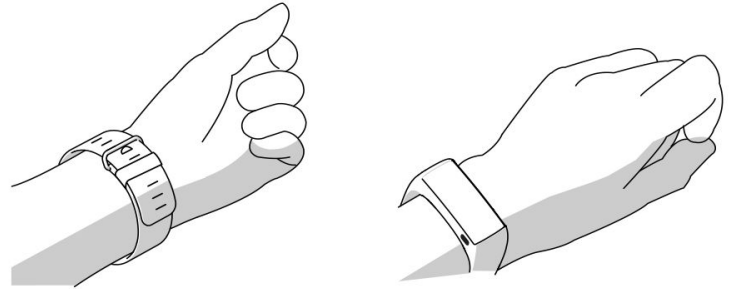
Logging Wristband

- With sensor, a paralysis attack can be detected
- the agenda can be rescheduled if the patient would have to sleep fallen sleep.
- Notify for upcoming scheduled

Can help people to plan sleep schedules as it is quite a big problem for people with sleep paralysis.

Community App

- Encourage users to fill their sleeping logs.
- Community would support each other to share the experience
- Chatrooms to discuss experiences.
- A narcolepsy social media kind of platform.



-Both solutions need lots of customization and making user device dependent.

-Apps is adding more screen time in users schedule.

I WOKE UP IN THE MIDDLE OF THE NIGHT AND QUICKLY CHECKED INSTAGRAM, TWITTER, FACEBOOK, GMAIL, MY WEATHER APP, AND MY TEXTS, AND NOW I'M A TAD TOO STIMULATED TO CLOSE MY EYES AGAIN.



Approach 2

Perception as tool for better experience

-Ability to interpret the surrounding environment using light in the environment; brain's ability to make sense of what the eyes see.

-Goal of sensing of information can be achieved.

-Use of past experiences both real and genetically acquired

-Process them into better experiences to cope with sleep paralysis.

Step 1: Raw information gathered from the external world.

Step 2: Templates of experience and compared and matched by executive functions in working memory is what experienced.

Step 3: Consciousness cognitive and emotional awareness, we think of as seeing and experiencing.













Inferences

- Incoming information from various sources; books and web
- Collecting bits and pieces from sources into subconscious
- No window of expressing and understand own emotions
- No neutral thoughts

Final design

- Journal design (portrait)
- Designed to fill voids, completing tasks with your experiences.
- In hand exercise

Style and Inspiration

Carissa Potter's work

- Self-help pieces of stuff
- Simple yet meaningful work
- Connect with wider range of people



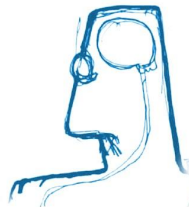
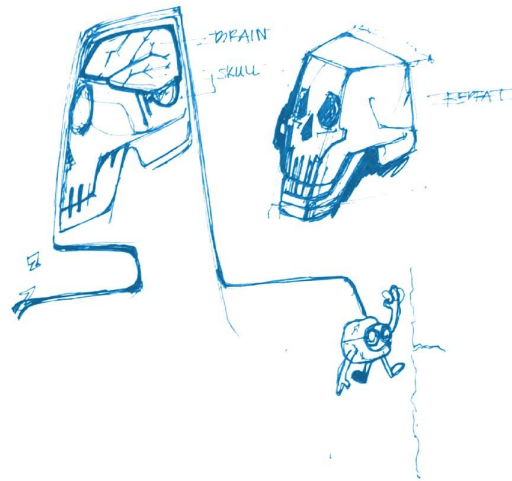
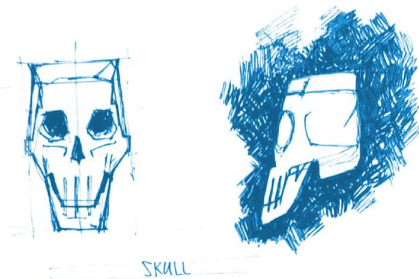
Style and Inspiration

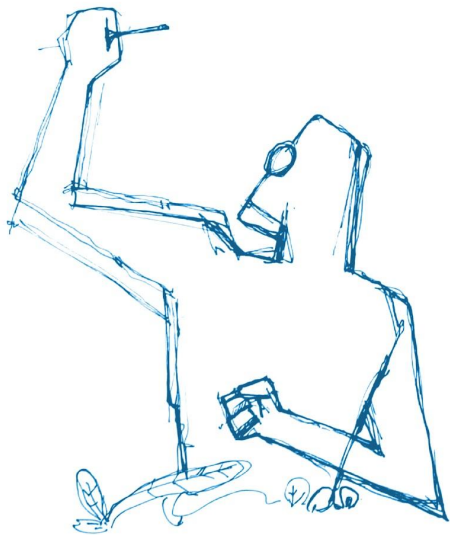
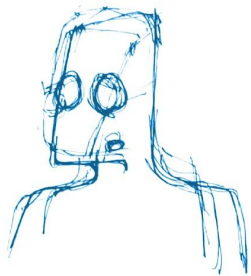
Jack Teagle's work

- Illustrations with minimal yet profound meaning in his linework
- strong emotion and expressions even without colors.



Identity









Chapter 01

Introduced to the Sleep paralysis and establishing the idea and to perceive sleep paralysis and hallucination as neurological disorders.

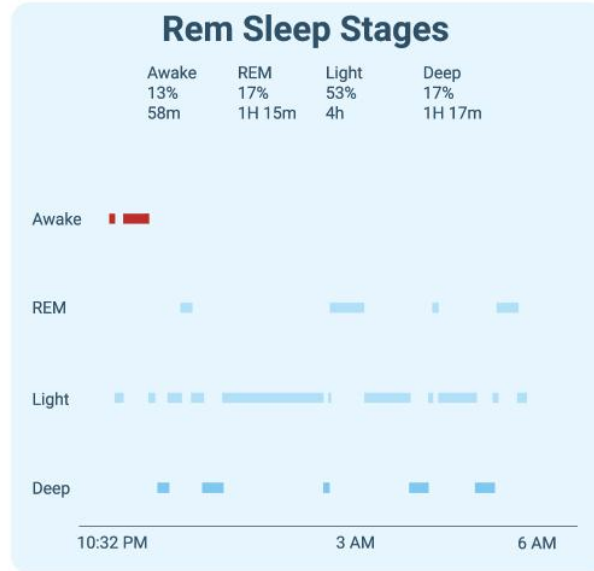
What is Sleep Paralysis?

A sleep disorder wherein the person though is awake, is temporarily unable to speak or move. Scientifically, it's a sign that your body and mind are unable to transition through different stages of sleep.



How does it occur?

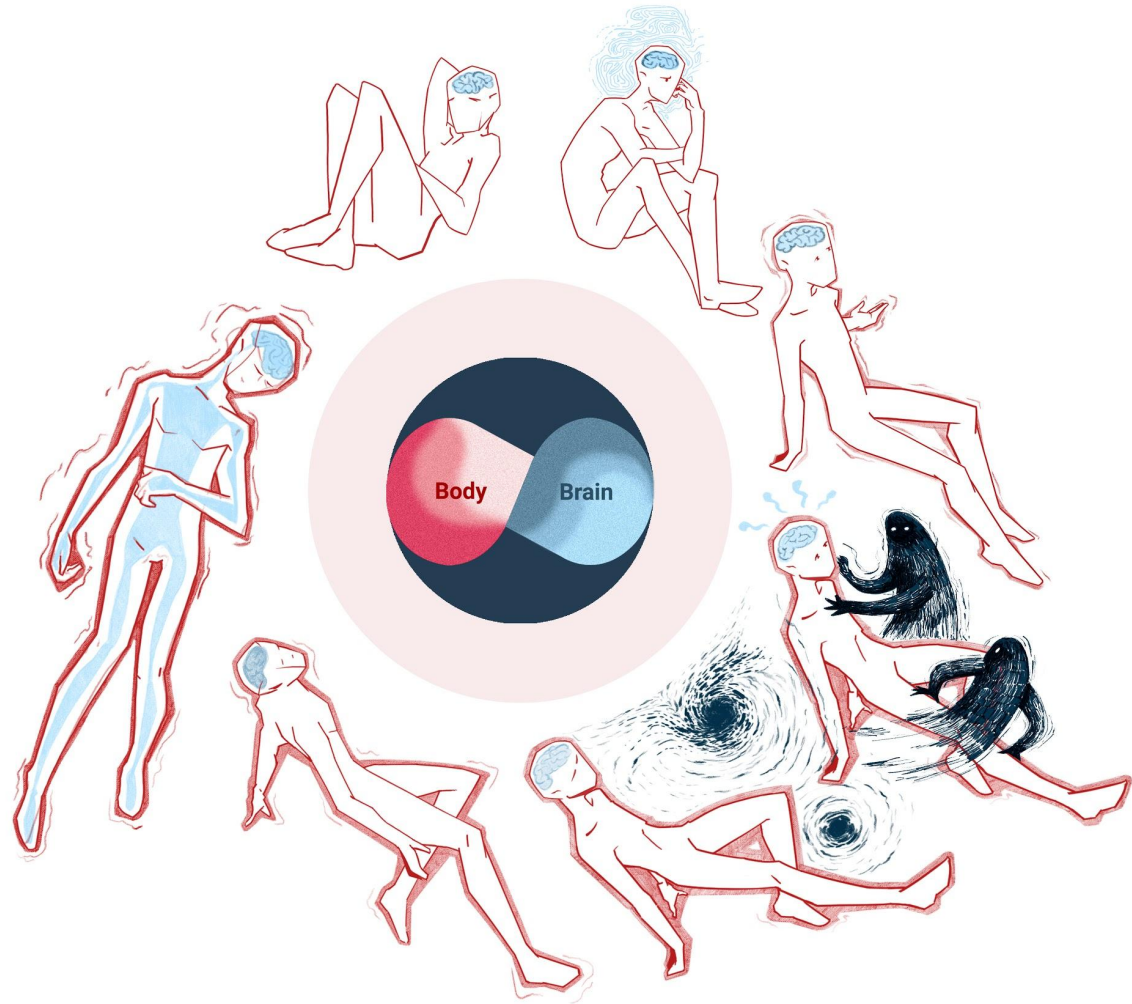
Usually occurs when we about to sleep or about to wake up. When we about to do so, brain sends signal to muscles to paralyse themselves. So that we don't act out in dream in our dream and hurt ourselves.



While you are falling asleep and is referred to as hypnagogic or predormital sleep paralysis



When you are waking up, called as hypnopompic or postdormital sleep paralysis.





Causes of sleep paralysis



Panic Disorder



Sleep Deprivation



Bipolar Disorder



Sleep Apnea



Erratic Sleep Schedules



Medications



Substance Abuse



Post traumatic Stress Disorder

Symptoms of sleep Paralysis

Sleep paralysis is characterized by sensory, auditory and visual hallucination such as:



Intruder: A sense of malvolent presence in the room, footstep sounds, shadows, and ratting doorknobs.



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Vestibular Motor: out of body experince, floating or hovering, flying, rapid spinning or falling from heights.

Chapter 02

To generate the idea of visual perception and the consciousness to change the brain's best guesswork and experiences.









Chapter 03

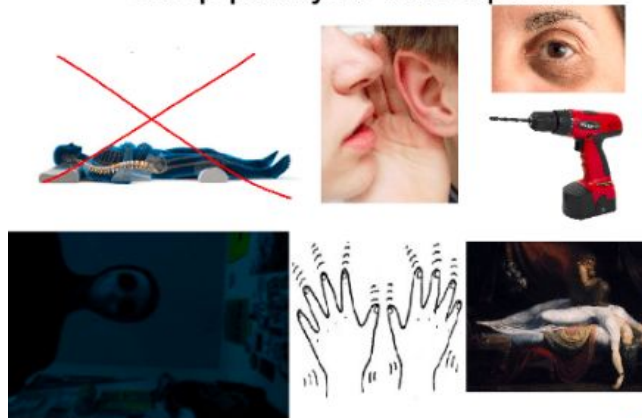
Changing perspective of Fear by putting humour into it.

Humour addresses the same issues like Fear, not to dismiss them, but to strengthen the ability to confront them, and then laugh them away from the door.

When you first had sleep
paralysis vs now



sleep paralysis starterpack



sleepparalysis.com

Sleep paralysis starterpack

my view when i look up and see the
demon sitting on my chest during
sleep paralysis











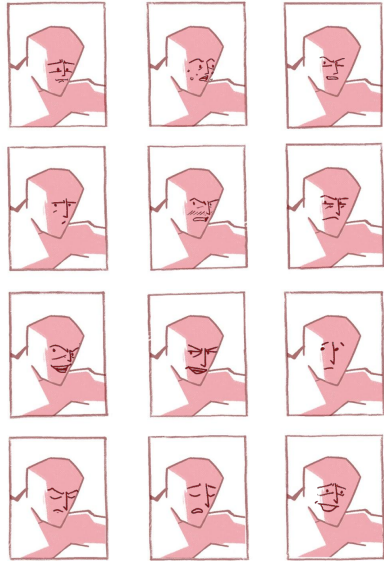
Chapter 04

- Using images and words to reform reality
- Dividing exercises from completing pictures from bits and pieces and creating new from scratch.
- With small references to complete visual imageries in the head.

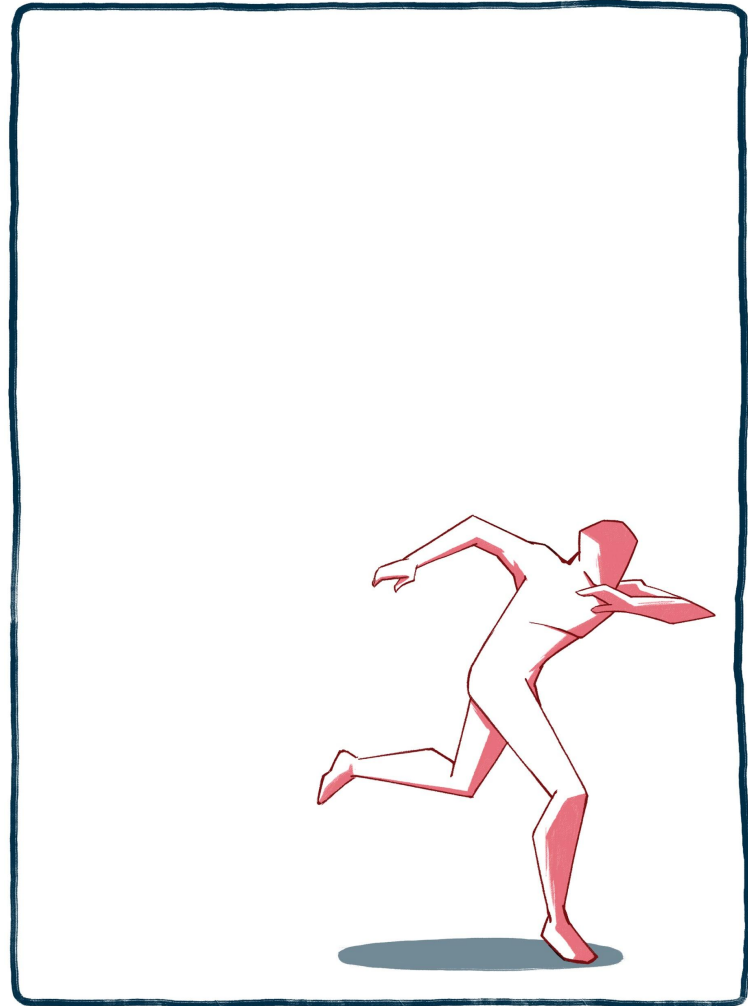
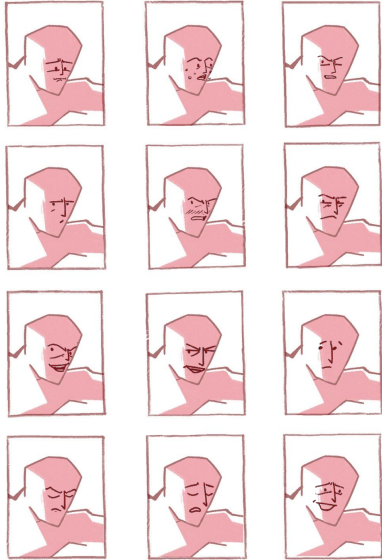
"Reality is not what it seems to be, but its imagination what creates reality"

by Ferdinando Buscema
the great magic experience designer

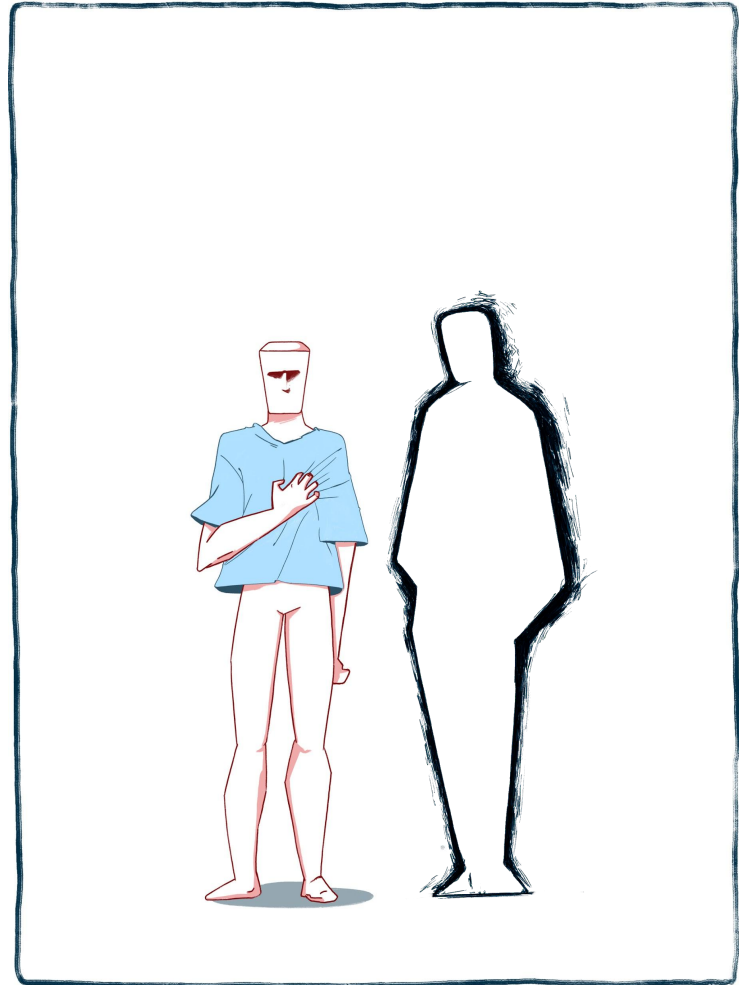
How's Everything Going?



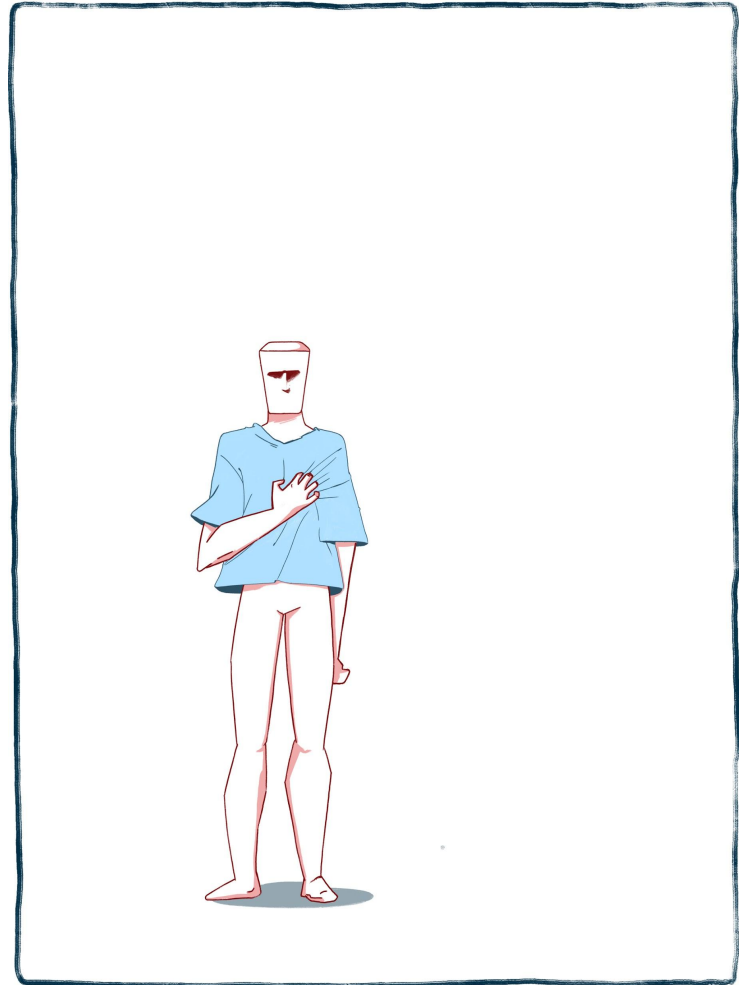
How's Everything Going?



Your Shadow Friend



Your Shadow Friend



Look who is here!

Presence

Finding myself unable to move
Adrenaline pulsing,
The world around me is mute
I can't lift a finger
I can't say a word
The dark figure in the corner
of my room...

Is it you?



Look who is here!

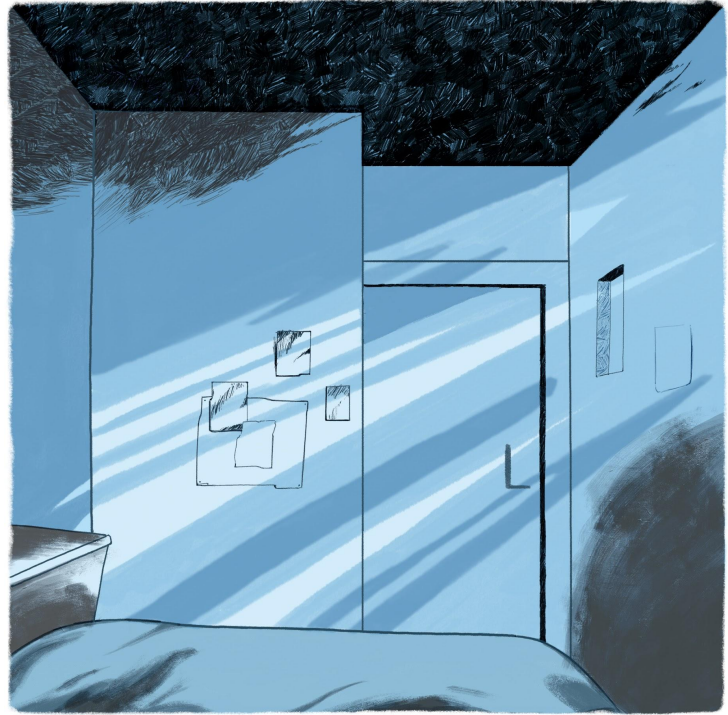
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Is it you?



Look who is here!



No one is looking at you!

Stare

The body is heavy,
numb and eyes are closed.
brain welcomes the darkness
and begins to whisper
Among the nothingness.
a gaze finds you
from that darkness

Suddenly,
Dreams delusions into
Nightmares and body gets stiff
you become voiceless and alone
In the dark: still as stone



Scraaaatch...



Words

1. What kind of dream
you like to see?



Use keywords to initiate
a paragraph.

sleep.

stuck

float

_____ } Add your two.

Write here.

Scapes and Shadows

My Dear Shadow

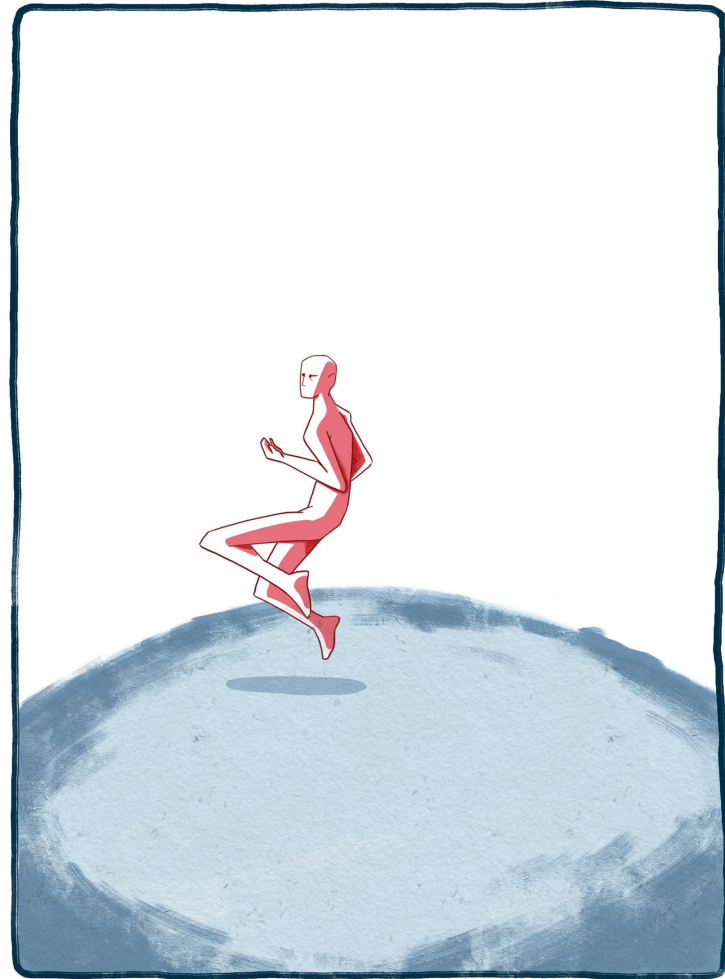
I am not good at telling if you are
real
Do me the favour of existing
Please, press your face
in reflections
or behind the shadows
in the room's corner
I would love to call you
Shadowman
or housemate or even house...
Is that you, who nudged me last
night
Whistle-buddy? I don't know,
maybe I am overthinking.
Did I say it out loud, this bit about,
the fear of the dark and unknown.
buried itself deep inside or
it is just the darker shadows of
black



Scapes and Shadows

My Dear Shadow

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Feedbacks

As someone who fairly frequently experiences sleep paralysis, I think the idea of overcoming the fear associated with the paralysis by having a humorous take on it, interesting.

The book being more of a journal/ activity book makes personalised it to each and is more than just information and I believe would help anyone experiencing sleep paralysis to surpass it.

-Harshita

The tangible interaction approach for sleep paralysis and logging personal experiences are good parts. it will be beneficial to understand the concept of sleep paralysis without inclined perspectives and giving space to put your own thought is a helpful approach.

-Avinash



Thoughts grows like branches of tree...



When they move towards negativity,
it gets worse with every branch...



But when they flutter, they can show you
the most beautiful world