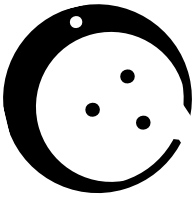
DESIGN YOUR SLEEP PARALYSIS PLAN



1

The next time you wake up and can't move, remind yourself that SP is a natural condition and that you are not in physical danger. Remind yourself that you can breathe normally. Write this reminder out using your own words below.

2

Do not struggle against the feelings of oppression. Go with the flow or let yourself move in the direction you are being pushed. Affirm this in your own words:

3

Focus on someone who you feel safe around, or someone who calms you down when you are in their presence. This could also be a religious figure for whom you have great admiration and great love. Who is your ally?

4

Wait patiently with your attention focused inward. If you have want to move into a lucid dream or an out-of-body experience, clarify that wish. Where will you go next?

5

If you want to wake yourself up at any point, try wiggling your toes, fingers, or scrunching up your face. Write your plan below:

Take notes afterwards below about what worked and what didn't! It may take a few times for you to find your personal sleep paralysis management plan.

Get the book *Sleep Paralysis* © Ryan D. Hurd / www.DreamStudies.org