



Sleep Paralysis: A Guide to Hypnagogic Visions and Visitors of the Night

Ryan Hurd

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Experienced by millions as supernatural assault, sleep paralysis (SP) often includes realistic, and often frightening, hallucinations that are projected into the waking world. In *Sleep Paralysis: A Guide to Hypnagogic Visions and Visitors of the Night*, these night visitations of ghosts, vampires-and even aliens-are honored afresh from the perspective of contemporary dream science. Although they can be terrifying, these visions can also be a reliable portal to other extraordinary states, including lucid dreaming, out-of-body experiences, and guided journeys to realms beyond our imagination. Sleep paralysis is the only print book that discusses sleep paralysis and its related dream visions from a how-to perspective -- a book for those who want to manage their SP or engage more confidently with this ancient lucid dreaming technique.

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