

Sleeping badly, not with aliens

London: Strange encounters of the alien kind have more to do with sleep disorders than little green men with a penchant for kidnapping.

A survey of people who believed they had had contact with aliens showed they were much more likely to experience sleep paralysis, a state where people are temporarily stuck between sleep and wakefulness and unable to move.

“When a person is in that state, they can see things and hear things and be convinced they’re real,” said Chris French, an anomalistic psychology researcher at Goldsmith’s College, London. - Guardian

Sydney Australia

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