A Living Nightmare

Imagine this: you’ve fallen asleep like usual after your long day, hoping to have a pleasant dream and waking up in the morning feeling refreshed, but instead of waking up in the morning, you wake up at an unknown time in the middle of the night. Two things immediately come to your mind: you can’t move, and you’re not alone. That is exactly what happened to me, my first encounter of the living nightmare: sleep paralysis.

This happened not too long ago, coming home from school just like any other normal day. I was stressed, tired, and I couldn’t wait to play video games with my friends. I quickly walk to my bus stop and being the bus 701, it comes late once again. I hurried onto the bus and there was my ticket to getting home, my peaceful room where I can surf the virtual world of video games. But being me, I fall asleep on the bus, missing my bus stop and delaying my paradise for a solid 30 minutes. It was a rainy day, so by the time I got home, I was freezing wet.

I rush to the shower, craving to heat myself up in the coziness of warm water. While getting in the shower, I feel like I forgot something. Oh well, since I forgot it, it’s probably not anything that’s that important. Getting out of the shower though somehow made me remember: my socials project. The deadline is tomorrow, and I haven’t even started! I put on the pajamas that I wear while being at home. I rush to my computer and start working away. I’m a fast worker, so I get all the planning done in under 5 minutes. Now comes the long and tedious work. Researching for all the information and creating my project.

I decided to take a break during the middle of my work and watch a horror movie. That was the one thing that I probably should’ve never done. Hopping onto my bed, I opened the movie on my iPad, Ring. It’s a Japanese horror movie that my friend recommended to me the other day, and I couldn’t wait to watch it. While watching the movie, I began to doze off. My eyelids becoming heavier and heavier. I didn’t get much sleep yesterday since I stayed up playing video games until 3 am. Since it’s only 8 pm, I thought that would allow me a 2-hour power nap. And thus, the sleep paralysis story begins.

Upon falling asleep, I dreamed of myself talking to my friends, which is just like a normal dream where random things happen. Suddenly, in a snap, I was transferred to my basement. My dream-self was suddenly ravenously hungry. I see a box of rice crackers on the floor. I was in a third person while grabbing it, but upon putting the crackers into my mouth, it changed to first person. I tasted it, I felt the texture, I felt it burn through my flesh. But I knew that rice crackers don’t burn. Out of the blue, I felt incredibly fatigued, like not sleeping for a good week or two. I turn around to reach for the cave I call “my room”. Then I realize on top of the stairs, there was a woman. Just a silhouette, but it felt like there were ravens flying around her, and I instantly feel a heavy weight on my chest. From there, I dropped.

My mind woke and started to signal my body to rise so I can quickly finish my project. I realize that I was lying on my back. Why was I on my back? I never sleep on my back. I tried to get off my bed and I noticed that I couldn’t move my body. My fingers, my toes, my neck, everything. I also noticed that my eyelids were still fully shut, and yet I can see right through them. I also noticed once again, that I could see my room in 360, eyes still closed by the way. My computer, my cabinet, my window… Now I start thinking to myself, hmm, this must be the sleep paralysis thing that people keep telling me about. This is kind of cool, but isn’t sleep paralysis supposed to be a scary experience? Like where a monster attacks you while you can’t move?

Why did I think that? Did I really have to think that? I was kind of mad at myself, knowing what will happen next. Using the eyes that I grew on my feet, I look over to my door. And there she was. Standing there menacingly, there was the woman that I have met in my dream, but not in a form of silhouette anymore, but actual features on her face. She had grey hair, sunken eyes, and skinny. So skinny to the point that it looked like her skin is barely attached to her bones. Such a blank expression, I thought.

She began walking towards me. At this point, I obviously start to freak out. I try to summon every power I could to move any part of my body parts. I couldn’t move at all. I was basically a box of donuts, a box of donuts that is fully aware that it’s about to be feasted on. Knowing how useless my body felt like, I scream. It was the most panicking scream that I have ever done in my life. But only in my mind, it came out, my mouth couldn’t open. At this moment, the woman was starting to have a creepy smile that can make a child paralyzed in fear. This abomination is walking closer and closer to my bed. I literally started crying for help. “Help! Help!” I cried, but the cries only echoed throughout my head. I was going to die, that’s what I felt like.

At this point, the woman was basically on top of me, and she’s just staring at me, with her creepy smile fully carved onto her face. I was filled with despair. I began to scream at maximum power, but in my head, so it was more intense. My lips finally began to feel movement. This was it, the moment for me to break out of this nightmare. I mustered up all the strength I had in my body, and let out a sound in my mouth, which sounded like some weird noise. Noticing how stupid it sounded, I immediately stopped. My eyes were open, and the creepy woman was gone. I regained control of my whole body, sat up on my bed, and I was like, “Wow, huh, yikes, that just happened.” Then I just went back to my desk and worked on my project.

It was amazing how that even though I knew it was just sleep paralysis, I still felt like I was going to die. That was my first time encountering sleep paralysis in my whole entire life. It was quite exciting, but I never want to experience that again. I thought of why it was that woman, someone I have never seen before. But one thing to take note is that I noticed, that I probably only had the experience because of the stress of my project, and watching that damned movie, maybe I shouldn’t watch the movie next time. Sleep paralysis felt like a dream, a nightmare, but unlike dreams and nightmares, it was something that I would never forget.