

1. Record Nr.	UNINA9910789979403321
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Titolo	Sleep paralysis [[electronic resource]] : night-mares, nocebos, and the mind-body connection // Shelley R. Adler
Pubbl/distr/stampa	New Brunswick, N.J., : Rutgers University Press, 2011
ISBN	1-283-86446-0 0-8135-5237-0
Descrizione fisica	1 online resource (181 p.)
Collana	Studies in medical anthropology
Disciplina	154.6
Soggetti	Nightmares Sleep disorders Mind and body
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Frontmatter -- CONTENTS -- ACKNOWLEDGMENTS -- Introduction -- 1. Consistencies: Cross-cultural Patterns -- 2. Continuities: A Transhistorical Bestiary -- 3. The Night-mare on the Analyst's Couch -- 4. The Night-mare in the Sleep Lab -- 5. The Night-mare, Traditional Hmong Culture, and Sudden Death -- 6. The Night-mare and the Nocebo: Beliefs That Harm -- Conclusion -- Notes -- References -- Index
Sommario/riassunto	Sleep Paralysis explores a distinctive form of nocturnal fright: the "night-mare," or incubus. In its original meaning a night-mare was the nocturnal visit of an evil being that threatened to press the life out of its victim. Today, it is known as sleep paralysis-a state of consciousness between sleep and wakefulness, when you are unable to move or speak and may experience vivid and often frightening hallucinations. Culture, history, and biology intersect to produce this terrifying sleep phenomenon. Although a relatively common experience across cultures, it is rarely recognized or understood in the contemporary United States. Shelley R. Adler's fifteen years of field and archival research focus on the ways in which night-mare attacks have been experienced and interpreted throughout history and across cultures and how, in a unique example of the effect of nocebo

(placebo's evil twin), the combination of meaning and biology may result in sudden nocturnal death.
