

神秘的「鬼壓床」

你是否有過「鬼壓床」的經驗？從夢中驚醒感覺意識非常清楚，但無論怎麼使力身體卻無法動彈，也無法發出聲音求助，或是產生幻覺看到有黑影壓在身上，這種俗稱「鬼壓床」的現象，在醫學上稱為「睡眠癱瘓症」，醫生說，真實原因不是真的被鬼壓，而是你的大腦在作祟，簡單的說就是**腦袋醒了，你的身體卻還沒醒**。

不少人都有過這些經驗，睡到一半突然從夢中驚醒，全身麻痺連一根手指都動不了，意識卻十分清醒，明明有知覺，身體卻動彈不得，中國人說這是鬼壓床，「被鬼壓」令人不寒而慄，而且不分中外都有，這種被賦予靈異色彩的生理現象其實有科學解釋。



睡眠癱瘓症通常發生在人類剛進入睡眠或將醒未醒時。患者感覺自己剛剛醒過來，可以睜開雙眼並看到周圍事物的影像以及聽到周圍的聲音，但是無法移動軀幹和四肢，也無法發出聲音，有時會產生幻覺並看到虛擬的影像，嚴重的病例會感到呼吸困難。睡眠癱瘓常伴有恐慌發作，因為人還處於有意識的狀態。同時伴隨聽覺和視覺上的幻覺，對於睡眠癱瘓也是很典型的，然後漸漸進入「夢境」。通常還會有「假醒」，即人醒過來，發現自己原來還在夢裡，現實中也還在睡眠。這樣的「假醒」通常會多次重複，伴隨的還有來自於對這種無終止重複的恐懼。通常是可以打斷這種重複與麻痺的，如通過試著對小指的移動等。睡眠癱瘓經常會有呼吸困難與耳裡的聲響的感覺，經常被誤認為血液循環問題。很多人有過一次睡眠癱瘓的經歷，有些人卻會經常發生。睡眠癱瘓也可能是**發作性嗜睡病**或**心律不整**的症狀。還可能是癲癇、偏頭痛、焦慮障礙、阻塞性睡眠呼吸暫停等的表現。

另有狀況是已經睡醒，意識清楚，但全身難以動彈，眼睜不開，亦或不敢睜開，通常伴隨者恐怖式的幻聽，本身也有睜眼定會看到恐怖情境的直覺。

強行清醒：自身是可以強制動彈與睜眼，只是上述之情況在過程中會更加強烈，一旦睜眼後，所有症狀瞬時消失。

此類症狀在數分鐘後會自然消失，患者身體逐漸恢復動作，根據絕大多數的案例研究，睡眠癱瘓症對身體無害¹，但對部分有此體驗者的精神算是有害，因部分體驗者容易與鬼怪作為聯想，也容易被勸服相信是如此，從而尋求民間命館、神明、廟宇等諸如此類。

成因

科學家已經確定此種症狀與生活壓力有關，多發於青少年以及年輕人。此類人群通常生活壓力過大，作息時間不規律，經常有熬夜，失眠以及焦慮，睡太久、酒精或咖啡因影響，這些因素都是可能造成睡眠癱瘓症的原因。此外，體弱多病的人容易出現此種症狀。有時在劇烈運動、食用大量碳水化合物食物後較容易發生低血鉀症，導致睡眠癱瘓

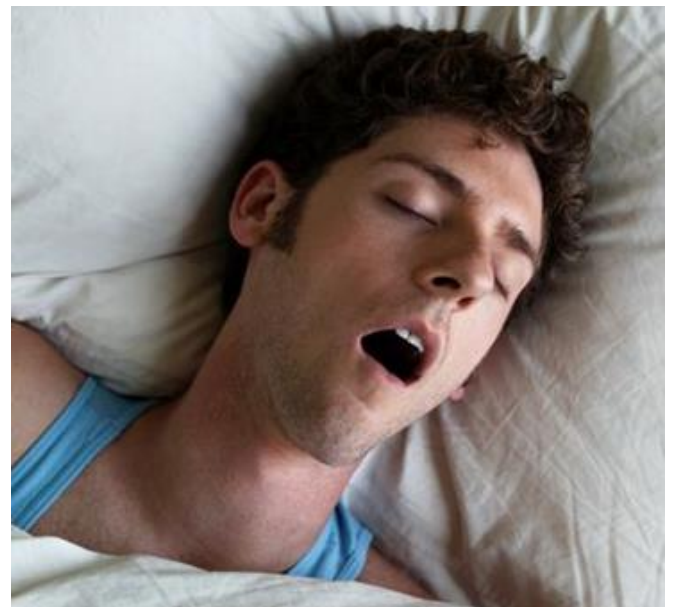
Why Is Sleep Important?

Sleep plays a vital role in good health and well-being throughout your life. Getting enough quality sleep at the right times can help protect your mental health, physical health and quality of life.

Healthy Brain Function and Emotional Well-Being

Sleep helps your brain work properly. While you're sleeping, your brain is preparing for the next day. It's forming new pathways to help you learn and remember information.

Studies show that a good night's sleep **improves learning**. Whether you're learning math, how to play the piano, how to perfect your golf swing, or how to drive a car, sleep helps enhance your learning and problem-solving skills. Sleep also helps you pay attention, make decisions, and be creative.



Studies also show that **sleep deficiency alters activity in some parts of the brain**. If you're sleep deficient, you may have trouble making decisions, solving problems, controlling your emotions and behavior, and coping with change. Sleep deficiency also has been linked to depression, suicide, and risk-taking behavior.

Children and teens who are sleep deficient may have problems getting along with others. They may feel angry and impulsive, have mood swings, feel sad or depressed, or lack motivation. They also may have problems paying attention, and they may get lower grades and feel stressed.

Physical Health

Sleep plays an important role in your physical health. For example, sleep is involved in **healing and repair of your heart and blood vessels**. Ongoing sleep deficiency is linked to an increased **risk of heart disease, kidney disease, high blood pressure diabetes, and stroke**.

Sleep deficiency also increases **the risk of obesity**. For example, one study of teenagers showed that with each hour of sleep lost, the odds of becoming obese went up. Sleep deficiency increases the risk of obesity in other age groups as well.

Sleep helps **maintain a healthy balance of the hormones** that make you feel hungry (ghrelin) or full (leptin). When you don't get enough sleep, your level of ghrelin goes up and your level of leptin goes down. This makes you feel hungrier than when you're well-rested.

Sleep also **supports healthy growth and development**. Deep sleep triggers the body to release the hormone that promotes normal growth in children and teens. This hormone also boosts muscle mass and helps repair cells and tissues in children, teens, and adults. Sleep also plays a role in puberty and fertility.

Your **immune system relies on sleep to stay healthy**. This system defends your body against foreign or harmful substances. Ongoing sleep deficiency can change the way in which your immune system responds. For example, if you're sleep deficient, you may have trouble fighting common infections.

Daytime Performance

Getting enough quality sleep at the right times **helps you function well throughout the day**. People who are **sleep deficient** are less productive at work and school. They **take longer to finish tasks, have a slower reaction time, and make more mistakes**.

After several nights of losing sleep—even a loss of just 1–2 hours per night—your ability to function suffers as if you haven't slept at all for a day or two.

QAQ

RELAXING TIME!

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COMIC CORNER! !



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