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**SLEEP PARALYSIS IN OVERWORKED PEOPLE**

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**Relevance.** Sleep paralysis is a feeling of being conscious but unable to move or speak. It is a state when a person passes between stages of wakefulness and sleep. According to international studies, 7-8% of people have experienced sleep paralysis at least once in their lives. Sleep paralysis may occur in students due to such risk factors as academic load, irregular sleep, stress and anxiety. Therefore, the study of this phenomenon among young people is of great interest.

**Aim:** to study the incidence and manifestations of sleep paralysis; to identify a correlation between this state and overwork in medical students.

**Materials and methods.** During the research, the data of scientific literature and other sources of information such as books, films, interviews were analyzed and summarized. The students of BSMU, GSMU, GGAU and PolesSU aged 17 to 25 years took part in an online questionnaire on a special platform.

**Results and their discussion.** When analyzing the questionnaires, it was found that 91% of participants are aware of such a condition as sleep paralysis, but only 30% of them were in a state of full-body paralysis. In 21% of respondents sleep paralysis was accompanied by hallucinations. The main causes of sleep paralysis were: lack of sleep (about 4 hours - 15%), irregular daily routine (50%), irregular meals (61% - often skipping meals), increased anxiety and stress (45% - always experience stress, 42% - only before the exam/test). Also, the factors influencing the body during sleep were: alcohol consumption (48 %) and smoking (26%). In addition, a survey on the workload of a typical student's day was conducted. The majority of students study the whole day (40%), 21% of medical students combine work with study. Based on these data, it can be assumed that most students suffer from overstrain and chronic fatigue.

**Conclusion.** The survey allows to conclude that any negative effect on the nervous system such as sleep disorders, stress and anxiety, tiredness, use of certain medicines, substance and alcohol use, impaired metabolism can cause sleep paralysis. It is also worth noting that it can occur in people of all ages and medical students are also exposed to this condition due to lack of sleep, exhaustion and overstrain.