

Hypnopompic Hallucinations

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Hypnopompic hallucinations are sensory experiences that occur just before waking from sleep or during the waking process. Individuals have sensations of shapes or objects, images, sounds, or even tastes. It is also common to experience sleep paralysis during a hypnopompic hallucination. Sleep paralysis is the inability to move though you are conscious- it is essentially the mind being awake while the body is still asleep. Common hypnopompic hallucination are the feeling there is a presence in the room or the sensation of falling. The opposing concept to this is a hypnagogic hallucination which occurs while falling asleep instead of while waking.

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