



## 📚 APS: Sub-Topic Bibliography

### 🛏️ The "Night Assault" & Sleep Paralysis

**Rationale:** A specific bibliography to cross-reference the global variations of this phenomenon.

**Target Category:** Category A (OBEs) & Category C (Apparitions).

- **Adler, Shelley.** *Sleep Paralysis: Night-mares, Nocebos, and the Mind-Body Connection.* (Explores the Hmong "dab tsog" phenomenon).
- **Blackmore, Susan.** *Beyond the Body: An Investigation of Out-of-the-Body Experiences.* (Psychological framework for OBEs).
- **McNally, Richard.** *Remembering Trauma.* (Analyzes how "abduction" narratives often stem from sleep paralysis).