

## Is sleep paralysis caused by the Jinn?

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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

In the name of Allaah, the Most Merciful, the Bestower of Mercy

**Question:** Our sister says: I suffer a lot for the illness of 'Jathoom'<sup>1</sup> (sleep paralysis). And I hear a lot of people say they suffer a lot from this illness. What is the origin of this illness? Is it physical, physiological, or is it from the Jinn? And what is the way to get rid of it?

**Shaykh ibn Baaz** (رَحْمَةُ اللَّهِ)<sup>2</sup>: I do not know anything clear concerning this matter, but I advise with using the legislated means of seeking refuge at the time of sleep. The person says the legislated remembrance at the time of sleep. 'Allaah; none has the right to be worshipped but He, the Ever Living, the One Who sustains and protects all that exists...Ayatul Kursee.' And he recites: 'Say "He is Allaah, (the) One..."', and Soorah al-Falaq and Soorah an-Naas; three times at the time for sleep. And he will be saved by way of this if Allaah wills.

And he says:

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ شَرِّ مَا خَلَقَ

**'I seek refuge with the complete words of Allaah from the evil of what He has created.**

He says this three times at bed time and during the first part of the night.

And He says:

بِسْمِ اللَّهِ الَّذِي لَا يَضُرُّ مَعَ اسْمِهِ شَيْءٌ فِي الْأَرْضِ وَلَا فِي السَّمَاءِ وَهُوَ السَّمِيعُ الْعَلِيمُ

**In the Name of Allaah, who with His Name, nothing in the earth or the heavens can cause harm, and He is the Hearing, the Knowing.**

He says this three times during the first part of the night or at bed time. All of this is from the means of protection from this Jathoom. And most likely—and Allaah knows best—this is from the actions of Shaytaan. But this remembrance and seeking refuge will remove him and prevent him; and all praises belong to Allaah.

<sup>1</sup> Translator's note: 'Jathoom [جانوم], translated as incubus, is a type of sleep paralysis, where the person is unable to move or speak.

<sup>2</sup> (رَحْمَةُ اللَّهِ) (rahimahullaah) May Allaah the Most High have mercy on him

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**Questioner:** Noble Shaykh the sister says she is persistent upon the remembrance of the morning and the evening.

**Shaykh ibn Baaz** (رَحِمَهُ اللهُ): When she fulfils this, this evil will go away. When she fulfils this, and she is upon knowledge concerning this, with certainty, and sincerity; Allaah will protect her from this evil.