

EXPLAINED BY SCIENCE

Some people report being stolen by aliens. They report being experimented on. Scientists don't think this is true. They blame "sleep paralysis." Paralysis means not being able to move. Some sleepers think they're being watched. They feel scared. They can't move. Their ears ring. Their chests feel tight. They can't breathe. They feel themselves leaving their bodies. They feel pain. Sleep paralysis is a disorder. It's when the brain disconnects from the body. This happens right before a person falls asleep. Or it happens right before a person wakes up. It affects half of all people at least once.

What about the alien bodies? The government blamed crash test **dummies**. Dummies are fake bodies. These dummies were 6 feet (1.8 m) long. They had rubber skin. They had metal bones. They didn't have any features. They looked like alien bodies.

The Air Force did "dummy drops." They did this over military bases. They did this over empty fields. These were experiments. Pilots tested ways to survive falls. They're high in the sky. They dropped dummies. Then, military cars picked up the dummies.

Real or not? It doesn't matter. The Roswell incident lives in people's imaginations.

Some people think the dummies are a cover story.

