

What are Hypnic Jerks?

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Hypnic Jerks

Hypnic Jerks Latest News

Hypnic Jerk, a common condition that can be found in more than 80% of the population.

About Hypnic Jerks

- It is an involuntary muscle spasm, or twitch, that occurs when **someone is in their first or second stage of sleep.**
- It is a common and not harmful condition that can be found in more than 80% of the population.
- Some studies suggest that nearly **everyone experiences a hypnic jerk** at some point in their lives, but the intensity and frequency can vary.
- It happens during the **transition from wakefulness to sleep**, particularly when the brain starts to relax but suddenly misinterprets muscle relaxation as “falling.”
- When going to sleep, muscles tend to relax as the brain slows down. Sometimes, mixed signals from the brain cause a brief muscle contraction.

Causes of Hypnic Jerks

- High levels of **stress and anxiety** can increase the frequency and intensity of hypnic jerks.
- Caffeine and sleep deprivation can also trigger hypnic jerks.
- If stress is the cause for jerks, then stress management techniques, like breathing exercises, meditation, yoga, etc can help in managing hypnic jerks.
- Reduction of caffeine, consistent sleep (at least eight hours), and proper exercise are a few other treatments one can take.

Source: : TH

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