

Hypnic Jerk

*like goosebumps
a vestigial reflex
jerking us from sleep
when our brains imagine our bodies
to be falling from the primeval tree*

~

An exhibition of works by Louisa Gagliardi, Vanessa Gully Santiago, Ann Hirsch, and Cheyenne Julien.

10/21 – 11/25

Louisa Gagliardi was born in 1989 in Switzerland. She received her BFA in Graphic Design from ECAL in 2012. Gagliardi's practice revolves around illustration, which allows her projects to oscillate between the editorial realm and visual arts realm. She has recently exhibited at LUMA Foundation, Zürich, CH; Tomorrow Gallery, NYC, USA; and König Galerie, Berlin, DE. Gagliardi currently lives and works in Zürich, CH.

Vanessa Gully Santiago (b. 1984, Braintree, MA) is an artist based in New York City. She holds a BFA from The Cooper Union and an MFA from Rutgers University. She has exhibited her work at 247365 in New York, Peninsula Art Space in Brooklyn and the Chicago Underground Film Festival.

Ann Hirsch is a video and performance artist, who examines the influence of technology on popular culture and gender. Her immersive research has included becoming a YouTube camwhore with over two million video views and an appearance as a contestant on *Frank the Entertainer...In a Basement Affair* on Vh1. She was awarded a Rhizome commission for her two-person play *Playground* which debuted at the New Museum and was premiered by South London Gallery at Goldsmiths College. Hirsch has been an artist in residence at Yaddo, Atlantic Center for the Arts, and Lower Manhattan Cultural Council. Recent solo shows include MIT List Visual Arts Center and the New Museum's online project space *First Look*. □□

Cheyenne Julien (b. 1994, Bronx, NY) is an artist who lives and works in The Bronx. Cheyenne received her BFA in Painting at the Rhode Island School of Design, where she was a recipient of the Florence Leif Award. Most recently she participated in residencies at the Skowhegan School of Painting and Sculpture, and the OxBow School of Art. She has an upcoming solo exhibition at Smart Objects in 2017.

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howard.frump

Nov 18, 2015

These sleep starts are sometimes associated with depression. The shock and release of adrenaline can be so intense as to inhibit any further attempt to sleep, which only aggravates the situation further. During waking hours, an associated phenomena would be the panic attack.

 Like  Reply

GregoryisMaximus

Oct 14, 2015

I also have a "different" explanation.

It is the "spirit body" starting to leave during the beginning of sleep, when the process is interrupted, and the spirit is "reeled back in".

It is an abrupt, almost shocking feeling to be in one "reality" and then rapidly moved to another. The sleep process usually makes it so we don't notice.

Weird dreams are actually when your spirit goes to different places, and gets those confused by superimposing them upon waking.

 Like  Reply

Ge.

Oct 8, 2015

I've got a different explanation. In short: deep rest can trigger the release of deep-rooted stresses, so it may be startling, but in fact it's a good thing.

In more detail: People practicing meditation know that there is a fourth state of consciousness underlying the common three: waking, sleeping, and dreaming. During a transition from one of those three states to another, the "background" fourth state may momentarily take over and cause the body&mind's self-repair mechanism to kick in. That starts to undo "knots of stress", which can include old stressful or traumatic experiences being "replayed" or abnormal situations in the body being redressed. This of course disturbs the restful state and we either wake up or have a strong dream.

Transcendental meditation is basically a technique to settle down the mind and body from waking consciousness to this fourth state of "transcendental consciousness", with the purpose of making the undoing of those knots of stress more smooth and more effective. Fewer knots in this perspective means: fewer obstacles to normal functioning, and less energy wasted on keeping abnormalities contained.

 Like  Reply

LucyRhetorica

Oct 7, 2015

I learned about myoclonic twitching (general name for the phenomenon) from a Sandman comic book. Who says comics can't be educational?

My meds are known to cause this. Sometimes if I'm just super-relaxed, I twitch. My sleep doctor said it's my brain sending out a signal to make sure everything's still there ;).

 Like  Reply

cherylsavino

Oct 3, 2015

I read this phenomenon could be from a thyroid issue.

 Like  Reply

LGato

Oct 2, 2015

What about those of us that jerk awake, suddenly, upon achieving orgasm?

 Like  Reply

claire.shefchik

Sep 30, 2015

I don't understand. How does this relate to Taylor Swift?

 Like  Reply 2 people like this.

Znatok

Sep 30, 2015

It is also possible that when you change your position in sleep some subtle nerve is touched as to trigger unforeseen reaction.

 Like  Reply

 Flag

Funduro

Sep 28, 2015

Primadonald Trump is a jerk asleep and awake.

 Like  Reply 4 people like this.

fastlanestranger

Sep 28, 2015

So on topic!

 Like  Reply 2 people like this.

mikesommers14

Sep 30, 2015

@Funduro You're an idiot.

 Like  Reply 1 person likes this.

axamoto

Sep 28, 2015

Because of Satan.

 Like  Reply 3 people like this.

evilito

Sep 28, 2015

Because you're unhappy, unfulfilled and empty, and the muscle jerks are a manifestation of your psyche's deep malaise, as it tries futilely to force a modicum of vitality to your dim existence?

 Like  Reply 6 people like this.

dwayne.stephenson

Sep 28, 2015

No. I was really falling.

 Like  Reply 1 person likes this.

ValerieV

Sep 28, 2015

Umm, because your spirit is there to remind you that you are at work and its not good to be caught napping at your desk? You are crossing the double yellow line? The two glasses of wine you had at lunch are making you sleepy? Only you know for sure. Maybe you are narcoleptic?

 Like  Reply

zgr.zgr

Sep 28, 2015

The sooner 'science' begins to accept we are more than our physical bodies to sooner we'll have a better understanding of life.

<http://www.aynadandanismanlik.com/>

 Like  Reply

LuvLA

Sep 28, 2015

K Well.we hope...ONE MORE BUDGET FOR USA

 Like  Reply

Osiris.Angel

Sep 27, 2015

I hate it with a passion. For some reason in my dream I fall off something or I'm killed in my dream, it feels like a part of me roughly returns back to me. I wake up paranoid and flailing.

 Like  Reply

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copyu

Sep 27, 2015

I've found that extreme physical (and probably mental) exhaustion leads to horrible dreams (nightmares) that are so frightening, that one is suddenly jerked from a sound sleep. In my case, I see a friendly face in my dreams that morphs into what one can only call a 'demonic' or 'other-worldly face' that appears so malevolent that a good night's sleep is impossible. I'm usually so exhausted that I fall asleep again very quickly, but the totally scary faces re-appear for over an hour or two. I'm usually not at my best the next day.

 Like  Reply

RightyTightyWhitey

Sep 28, 2015

[@copyu](#) Muahahahahah.

 Like  Reply 1 person likes this.

jerry.jordison

Sep 27, 2015

I understand our body jerks when we reinter our bodies after an astral, or soul, travelling experience. We all leave our physical bodies and travel while asleep. Most often when we return, we reinter with a jerk. Most people are taught that we are only physical bodies, therefore astral projection is impossible. With that in mind, when we do leave our bodies just after going to sleep, we panic and come back instantly with a jerk. The sooner 'science' begins to accept we are more than our physical bodies to sooner we'll have a better understanding of life.

 Like  Reply

cindy.lu

Sep 27, 2015

More importantly, why do I sleep with jerks?

 Like  Reply 11 people like this.

suntzu

Sep 28, 2015

[@cindy.lu](#) Because you like being with jerks?

 Like  Reply

Blacklvy

Sep 25, 2015

I once read that it was a visticial trait to keep us from falling out of the trees where we used to sleep.

 Like  Reply 2 people like this.