

## ***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.

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**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.

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**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.

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**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 ;).

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**cherylsavino**

Oct 3, 2015

I read this phenomenon could be from a thyroid issue.

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**LGato**

Oct 2, 2015

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

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**claire.shefchik**

Sep 30, 2015

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

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**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.

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**Funduro**

Sep 28, 2015

Primadonald Trump is a jerk asleep and awake.

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**fastlanestranger**

Sep 28, 2015

So on topic!

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**mikesommers14**

Sep 30, 2015

@Funduro You're an idiot.

 Like  Reply 1 person likes this.

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**axamoto**

Sep 28, 2015

Because of Satan.

 Like  Reply 3 people like this.

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**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.

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**dwayne.stephenson**

Sep 28, 2015

No. I was really falling.

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**ValerieV**

Sep 28, 2015

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.

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**RightyTightyWhitey**

Sep 28, 2015

[@copyu](#) Muahahahahah.

 Like  Reply 1 person likes this.

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**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.

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**cindy.lu**

Sep 27, 2015

More importantly, why do I sleep with jerks?

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**suntzu**

Sep 28, 2015

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

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**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.

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