Hypnic Jerk

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

~

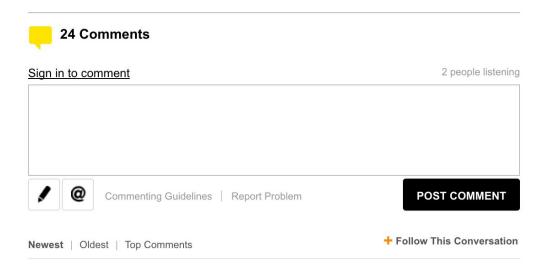
An exhibition of works by Louisa Gagliardi, Vanessa Gully Santiago, Ann Hirsch, and Cheyenne Julien.

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.

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.



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.

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.

Ge. Oct 8, 2015

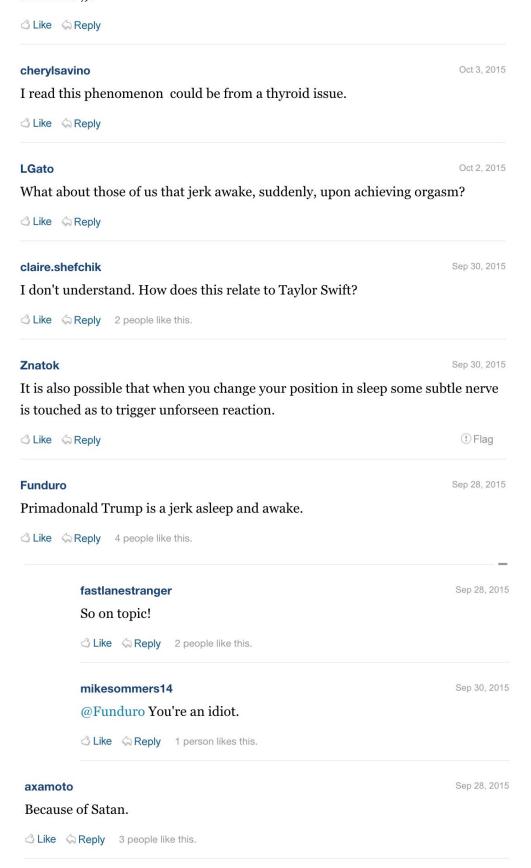
I've got a different explanation. In short: deep rest can trigger the release of deep-rooted stresses, so it may be startling, but in fact it's a good thing. In more detail: People practicing meditation know that there is a fourth state of consciousness underlying the common three: waking, sleeping, 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.

LucyRhetorica Oct 7, 2015

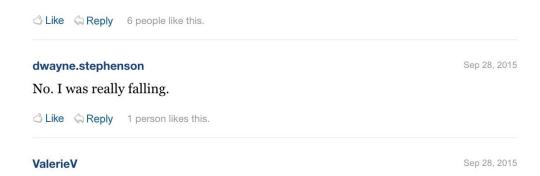
I learned about myoclonic twitching (general name for the phenomenon) from a Sandman comic book. Who says comics can't be educational?

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;).



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?



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?



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/



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.

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.



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.



Sep 25, 2015

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