

Decoding the feeling of 'falling from above' when sleeping makes you suddenly wake up

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1. Why do you "fart" have a foul smell and others don't?
2. Discover 9 mysteries that happen in the body when falling asleep



This phenomenon occurs in most people, including healthy people and good sleep. Scientists call this phenomenon **myoclonic - "dream convulsions"** . When sleeping, the respiratory frequency suddenly decreases, when our brain is judged that the body is about to die, it emits an impulse that awakens the whole body.

Don't worry too much, Myoclonic is a normal physiological manifestation, an involuntary, fast-paced reflex reflex, similar to an electric shock. This phenomenon is like hiccups or cramps when working hard, not caused by illness.

We cannot control this behavior. After falling asleep, the misconception of the brain suggests that you are about to fall down from above, triggering an instinctive response to muscle contraction to keep balance, causing the body to produce strong vibrations. This is the reason that you have the feeling that suddenly the shortfall in the distance does not happen in the dream.



It is estimated that about 70% of people have experienced this feeling. This involuntary muscle twitching usually occurs in the arms, legs, even the whole body.

Sometimes myoclonic phenomenon is normal. But if convulsions many times and often, pay attention to your health.

Some causes of startled awakening because of a dream falling from above

Too tired

During the day, you have to face high work pressure, which causes excessive mental stress to cause myoclonic phenomenon.



Calcium deficiency

Low blood calcium can cause nerve and muscle excitement to lead to convulsions.

Liver kidney weakness

Poor kidney liver, inadequate blood gas can cause muscles to twitch with a high frequency but not strong.

Myoclonic has disease properties

Myoclonic may be a symptom of brain disease such as brain degeneration, encephalitis, brain damage of sequelae of trauma, . If an accompanying seizure phenomenon appears, dizziness, headache, You need to go to a CT scan clinic or MRI to check.

How to prevent seizures when sleeping?

According to experts, the phenomenon of convulsions when sleeping happens randomly is not worrying. We cannot control them but can minimize this phenomenon. Such as reducing coffee consumption, reducing stress, relaxing before going to bed, planning to complete the day's work .

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