

The Hypnic Reflex, Postulated to be a Monosynaptic Reflex Generated from Spine Stretching as the Muscles Relax around the Intervertebral Discs

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Medical Image

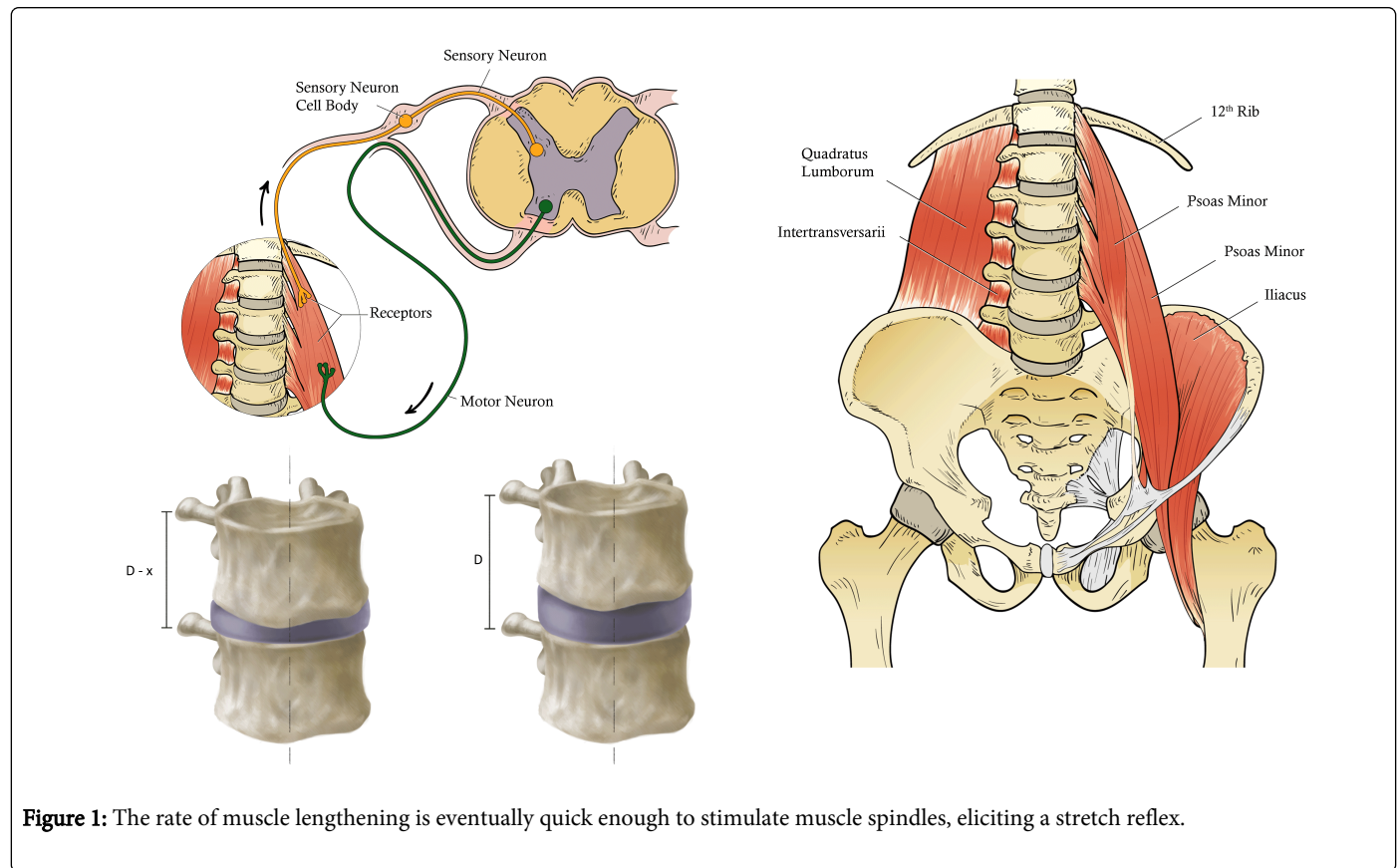


Figure 1: The rate of muscle lengthening is eventually quick enough to stimulate muscle spindles, eliciting a stretch reflex.

Description

Hypnic jerks are common without unknown origin. They are non-periodic reflexes related to the act of just falling asleep. They are more

common in those that are fatigued and thought to be associated with the sensation of a falling dream state. Here, it is proposed that early spinal unloading results in enough stretch to the muscle spindle rich tissues above and below the intervertebral discs eliciting a monosynaptic reflex similar to the knee jerk reflex.