

Title:

Jerk Reactions: The Reason We Are Often Jolted Out Of Sleep

Word Count:

302

Summary:

No matter what time we get up in the morning, what our day consisted of, or how late we decide

Keywords:

sleep, dream, sleep help

Article Body:

No matter what time we get up in the morning, what our day consisted of, or how late we decide

However, the one thing that most of us have in common once we've dozed off is that from time to

Ever wonder why this happens, and what causes it? If you're like most of us, we're sure you ha

According to experts, it's all part of a phenomenon known as sleep start. Sleepstart, ironical

However, experts assert that regardless of whether these jolts, jolt you out of sleep or not,

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