Rehab Warns of Drug-Related Hypnic Jerks

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Serenity Lane, with locations in Eugene, Oregon, recently published an article answering many of the common questions about hypnic drugs and their relation to substance use. As one of the oldest, non-profit rehab centers in the state, they wanted to share their expertise to help the community be more informed about what certain side effects mean for their health and well-being.

To start the article, Serenity Lane takes the time to explain what exactly hypnic jerks are to help ensure readers are on the same page. ??Hypno-? is a combining form that means ?related to sleep.? This is where the term hypnic originates from. Hypnic jerks, then, refer to involuntary body movements that occur right before and during the sleep cycle.? They reassure readers that hypnic jerks, on their own, are fairly common and aren?t innately indicative of a health concern.

While the jerks themselves aren?t very harmful, Serenity Lane utilizes this informative article to explain how hypnic jerks can impact readers? lives, and if they?re related to medication or substance use. They know that many innocuous side effects, like hypnic jerks, can still negatively impact health in the right scenarios.

?While hypnic jerks aren?t harmful to the body, if someone experiences them on a regular basis, it can lead to a disruption in your sleep cycle.? Serenity Lane stresses to readers. ?Experiencing the full sleep cycle is

important for the body. When it?s disrupted frequently it can lead to fatigue and low energy levels.? They explain to readers that not everyone is woken by their hypnic jerks, but some are and some can experience multiple in one sitting.

Many readers might seek this article out to learn specifically when hypnic jerks might be related to substance use, and Serenity Lane takes the time to explain this next. ?... there are many signs that are often noticed in people who have hypnic jerks occur regularly. One of the most common correlations is substances that cause wakefulness and/or boost energy levels in the body. This can include everything from caffeine to stimulants? substances that often lead to insomnia or muscle twitches can also play a role in hypnic jerks.?

The Oregon-based rehab center finishes up the article by listing specific over-the-counter medications as well as substances that could cause or worsen hypnic jerks. To help readers further, the article also provides explanations on ways to address hypnic jerks from home. Those who would like to learn more about hypnic jerks and if it?s a sign of substance use can read the article or reach out to Serenity Lane directly.

Serenity Lane has been helping people overcome substance and alcohol use disorders since 1973. All of the programs they offer have been accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF). They have introduced many new programs in Oregon, such as residential step-down and outpatient programs that integrate residential and outpatient services. They have also been the provider of the only Addiction Counselor Training Program in Oregon. Some of their graduates are now offering their services through several treatment programs throughout the country.

People who would like to know more about the addiction treatment services available through Serenity Lane of Eugene, Oregon can visit their website or contact them by telephone or email. Serenity Lane has live people ready to help place patients from 8:00 am - 7:30 pm Monday through Friday, and 8:00 am - 6:00 pm Saturday and Sunday.

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For more information about Serenity Lane Intensive Outpatient Services, Eugene, contact the company here:Serenity Lane Intensive Outpatient Services, EugeneStephanie Edwards541-485-1577info@serenitylane.org4211 West 11th AvenueEugene, OR 97402

Serenity Lane Intensive Outpatient Services, Eugene

Serenity Lane was established as a private, non-profit addiction treatment center for alcoholism and drug use in 1973. We have programs throughout Oregon and Southwest Washington. We believe that recovery from addiction is possible.

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