Nocturnal Myoclonus (Leg Jerks)

Dancing the night away is great fun, unless you are trying to sleep. Leg jerks, called Nocturnal Myoclonus, can occur periodically and rhythmically during sleep, causing legs to twitch and jerk almost like dancing.

Although sufferers may not be aware of their dancing feet, their sleep is greatly interrupted causing frequent awakenings and excessive daytime sleepiness. Other common symptoms include:

- Insomnia at night
- Complaints from their bed partner
- Falling out of bed
- Twisted bed covers

Leg jerks are frequently associated with Restless Legs Syndrome. Its most common symptom is severe creeping or itching sensations in the legs as you try to fall asleep. Aging, sleep deprivation, and pregnancy can cause Restless Legs Syndrome to become more severe.

However, help is available. The MCG Sleep Center can assist you in developing a regular exercise plan and relaxation program that is right for you. Medication is also available for treatment of both Nocturnal Myoclonus (leg jerks) and Restless Legs Syndrome.

Why spend nights kicking the covers when you could be sleeping peacefully? To still those dancing feet, call the MCG Sleep Center at 706-721-6769 or 800-736-CARE (2273).