Sleep Movement

Sleep Movements that aren’t tracked or aren’t noticeable can still affect your sleep. If you have any questions about your sleep, please consult a healthcare professional.

What you can do

Sleep movements are normal for most people. Rare cases of frequent movements may indicate a sleep disorder. Always consult a healthcare professional before starting any new routine or exercise regimen.

More About Sleep Movements

The biology of sleep movements

Sudden movements (like those associated with REM sleep) are normal and may be accompanied by muscle twitches or jerks. These movements are not directly associated with your sleep cycle and may affect or wake you from your sleep.

Problematic sleep movements

Snoring and restless leg syndrome can interfere with sleep or wake you up. Restless leg syndrome is a sleep disorder characterized by unpleasant sensations in the legs that make it hard to fall asleep or stay asleep.

Medical Conditions

Some conditions, such as restless leg syndrome or sleep disorders, can cause frequent or problematic sleep movements. Consult a healthcare professional if you have any concerns about your sleep movements.

Keep exploring your Wellness results.

Use the discussion to share questions and experiences. Be sure to consult a healthcare professional if you have any concerns about your sleep movements.

Scientific Details

Sleep movement is influenced by genetics. Research shows a genetic marker as a risk factor for sleep movement.

You have two copies of the G-locus:

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<thead>
<tr>
<th>Allele</th>
<th>Frequency</th>
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<tbody>
<tr>
<td>N</td>
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This information is provided for research purposes only and should not be used to make health decisions. Always consult a healthcare professional if you have any concerns about your sleep movements.

References