

Almond

My cat must love me, then... she sleeps and yawns constantly.

Posted On 07/29/2017

otis101

My cat does the same thing. And I know he loves me. He kisses me by touching the end of his nose to my nose. And he lowers his eye lids while looking at me which is the cats way to express "I love you". So say some feline books.

Posted On 07/29/2017

veritasoreventus

My dog that we adopted middle aged is easily stressed and yawns at the slightest sign of trouble.

Posted On 07/30/2017

Ancestral_Supplements

Apolo Ohno is an amazing eight-time Olympic medalist... he's even better at yawning just before the big race! Even my coach claims that yawning actually provides a competitive advantage... he says it stimulates the precuneus, a structure in the brain that affects consciousness and attentional focus. I don't know if this is true but I believe it is... so I've been doing it... seems to be helping.

Posted On 07/29/2017

iamblessediam

One thing few associate with yawning with is proper hydration: [metro.co.uk/2015/05/26/how-to-stop-yawning-all-damn-day-5215808/] and [www.flyingsolo.com.au/live-smarter/health-and-wellbeing/effects-of-deh..] and [www.healthresource4u.com/six-unexpected-signs-youre-dehydrated.html]. Since my beginning my journey with making and using structured water, the only time I begin to yawn is when I'm tired at the end of my day - I figure it's my body's way of saying "shut it down and go to sleep knucklehead;-)))!" And about the "mirror neurons" trying to influence me when other people yawn - nope...no way...no how - structured water works wonderfully in the energy department! Be well! LBP!

captainboggles

I learned years ago that yawning is a symptom of low energy, I was always told in a room full of people, if you yawn, and someone else yawns, that's the person to go talk to, they're on your frequency. always works. it's not 'contagious' but that is a sign that the 'yawnee' is on yorr wavelength/frequency.

Posted On 10/11/2017

David760

I yawn a lot and have often wondered why. It's usually when I'm bored and inactive. I've heard the brain cooling theory before. Yet when I've been sick in the past and running a fever, I don't really remember yawning much.

Posted On 07/29/2017

Epona777

I find I yawn a lot in the car whether I am driving or as a passenger. I also have a lot of yawning prior to a migraine as well.

Posted On 07/29/2017

penguinatlaw

I find I yawn a lot when my blood sugar starts to get low. I have occasional hypoglycemic episodes, but am not diabetic. Shortly before dinner I'll start yawning, but as soon as I eat or get some protein, the yawning stops.

Posted On 07/29/2017

ragus

I have noticed a slightly improved eye sight after yawning intensely. Actually, try right now to yawn excessively: close your eyes, and roll your eyes, tighten your eye lids as much as possible, open your mouth as wide as possible, deep breaths in and out, etc. Now check your eye sight. My theory is that excess fluids are squeezed out of the eyes, realigning their shape, the body is oxygenated, by stretching your lungs to their maximum volume, etc. Gentle rubbing the closed eye lids, as well as more intense massage of the areas surrounding the eyes also help improve the eye sight.

Posted On 07/29/2017

iamblessediam

Read this on intraocular pressure (IOP) : [www.ncbi.nlm.nih.gov/.../PMC4325247]. Be well! LBP!

Posted On 07/29/2017

Guillermou

Recent research suggests that yawning may serve important physiological or social functions beyond simply showing that we are tired. 1) -----Theory #1: Yawning wakes up the brain -----2) Theory #2: Yawning helps the brain cool down -----3) Theory #3: Contagious yawning is linked to empathy skills 4) Other theories about why we yawn Yawning helps open the Eustachian tubes, which connect the throat to the ear. This action can help relieve the uncomfortable pressure buildup that occurs when the ear doesn't have time to equalize, such as when a plane is landing. That said, since swallowing accomplishes the same purpose, scientists don't believe this is the main reason we yawn. An older theory postulated that people yawn when they don't get enough oxygen to the brain.

The idea was that yawning helped bring fresh oxygen to the brain whenever there was more carbon dioxide than oxygen in the blood. Studies have shown that yawning does not increase when people breathe more carbon dioxide, so scientists have moved away from this theory. There is no official consensus on how much yawning is too much, although some experts consider yawning more than three times in a 15-minute period abnormal if there is no obvious cause. The average person yawns up to 28 times a day, usually after waking up and before going to bed. Yawning in the absence of tiredness, boredom, contagion, or other typical signs is also considered abnormal and may indicate an underlying disorder.

Posted On 04/19/2024

Guillermou

Excessive yawning may be due to damage to parts of the brain. involved in yawning. Yawning excessively can be a sign of neurological conditions such as: -----1) Attack -----2) Parkinson's disease -----3) Epilepsy -----4) Migraine -----5) Multiple sclerosis -----6) Brain tumor or swelling In some cases, yawning can also be caused by certain medications, including antidepressants, opioids, dopaminergic drugs, and benzodiazepines. People with sleep disorders such as insomnia or obstructive sleep apnea (OSA) are also more likely to experience excessive yawning.

www.sleepfoundation.org/.../why-do-you-yawn (2023).--

Posted On 04/19/2024

Pek58128

As someone who has always be one to yawn if I see someone yawn , or even hear the word- this article was torture for me to get through. My grandchildren know I have this "affliction " and constantly goad me with this. And then laugh.

Posted On 04/19/2024

Stephanie360

It was rather challenging to read this for me as well! I should have counted how many times I yawned reading this. Made me laugh at myself.

Posted On 04/19/2024

catylorain

Just looking at the picture of the guy yawning made me yawn. Lol. I think reading the word makes me yawn sometimes, as well.

Posted On 04/19/2024

grulla

I never thought of yawning being contagious like laughter, go figure. lol

Posted On 04/19/2024

coffeecup

I had the same reaction, just reading about yawning made me yawn several times reading this article!

Posted On 04/19/2024

pal4949

I've even caught a yawn on the phone lol

Posted On 04/19/2024

well4life

Obviously I'm not the only one who started yawning while reading this... several times. The more I thought about it the more I wanted to yawn. LOL! I already knew it was contagious but didn't realise I'd yawn so much just reading about it. Well we're all quite normal it seems, that's a nice thought. :)

Posted On 04/22/2024

Mercola_Fan

Excessive yawning could be a sign of heart failure.

Posted On 04/19/2024

sandraleewilliams

I have excessive yawning when i do EFT (tapping) for migraine. I probably yawn 20 times or more in the few minutes it takes to complete 4 rounds. I don't know why it induces yawning, but, like magic - I'm cured!

Posted On 04/19/2024

pal4949

Sometimes I yawn excessively before a migraine. I'll have to look into eft tapping haven't heard of that.

Posted On 04/19/2024

well4life

sandra... What 'cures' the migraine for you, the tapping or the yawning? EFT has never been any help at all for me yet Dr M and others rave about it.

Posted On 04/22/2024
