

Why Do You Yawn?

When you yawn, you open your mouth wide and take in a deep breath. Your lungs fill with air and your heart speeds up. Then you breathe back out. You can't stop a yawn once it begins.

What makes a yawn happen? The truth is, no one knows for sure. Many people think that being tired or bored causes yawning. But not all people yawn for those reasons.

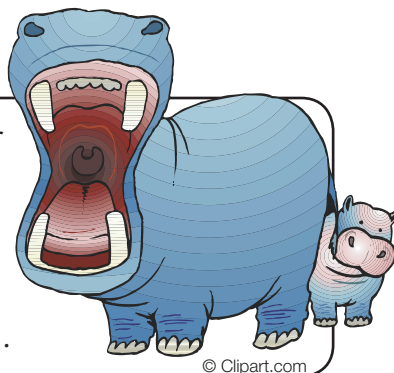
Some scientists think yawning lets you breathe in more oxygen. Others think yawning might help change the temperature of your brain or body. Maybe yawning is related to moods. Or perhaps it helps balance the air in your ears.



Scientists do not know much about yawning. But it must have a use because all people yawn, and many other animals do too. Maybe someday scientists will find out exactly why we yawn.

Try This

Can you make your friends yawn? More than half of all people yawn when they see someone else yawn.



✓ Brain Check

- What happens to your body when you yawn?
- Why do you think people yawn?