

All about the Yaawwn

Is yawning contagious? Why is yawning contagious? Well, that subject was brought up as a comment in my last post. So I wondered if it would be a good topic to write about. As it turns out, I'm not really sure it is.

There are almost as many answers to the above question as there are scientists studying the phenomenon. And to put it quite bluntly, the studies were boring and made me yawn. But yes, it seems that for most people yawns are contagious. You can have a yearning to yawn by seeing someone yawn, hearing someone yawn and even reading about yawning. So if you feel like yawning while reading this post, it is because the word yawn is used a lot.

Some fun/interesting things I found out while looking up data on yawning:

- 1) Dogs yawn, dogs will yawn when they see people yawn.
- 2) Chimpanzees yawn.
- 3) It seems that most mammals yawn occasionally, but not all of them will yawn when they see other animals yawn.
- 4) Some birds yawn.
- 5) Snakes yawn after eating to get their jaws back in the right spot.
- 6) Contagious yawning may be linked to the flocking instinct of birds.
- 7) Too much yawning could indicate health problems.
- 8) Most people will yawn if tired.
- 9) Some people yawn if they are too hot.
- 10) Some athletes will yawn just before they need to exert themselves.

Now I think I'm done talking about yawning. I've yawned 4 times in the writing of this post. How many times did you yawn while reading it?

Now, I'm going to see if I can make my dog yawn.