

# Download Why Is Yawning Contagious

Reading the Word Yawn Can Make People Yawn. Contagious yawning is a phenomenon that only occurs in humans and chimpanzees as a response to hearing, seeing, or even thinking about yawning. What is yawning? And why do we do so much of it? Neuroscientist and yawn expert Robert Provine says it's "ancient and autonomic." It stems from early evolution and is common to many creatures ... The phenomenon of contagious yawning doesn't mean you need more sleep. But it might signal that you're attuned to the emotions of others. A yawn is a reflex consisting of the simultaneous inhalation of air and the stretching of the eardrums, followed by an exhalation of breath. Yawning (oscitation) most often occurs in adults immediately before and after sleep, during tedious activities and as a result of its contagious quality. It is commonly associated with tiredness, stress, ...