



Why do we get seasick?

Fact

- Your eyes send messages to your brain telling it what they see.
- Tiny hairs inside your inner ears sway around as you move and send messages to your brain about the direction and speed they're detecting.
- If your eyes and inner ears send messages that are different your body gets confused and you can feel motion sickness.
- Motion sickness can be felt when you're moving on any kind of transport like cars, boats, trains, planes and buses.
- Motion sickness can make you feel headachy, queasy in the stomach and even make you vomit.

Do you know

- The tiny hairs inside your inner ears are called cochlea (cock-lee-ah) and they help you to balance.
- There are some things you can do to try to stop motion sickness:
- When you're in a vehicle or on a boat try to keep looking out on the horizon – the bit where the sea meets the sky. This will help your eyes and inner ears send the same message.
- Try not to keep your head down for too long – like when you're reading a book in a car because your eyes will send a message that your body's not moving but your inner ears will send the messages that you are.

Experiments you can do

If you suffer from motion sickness when you're in a car or on a boat see if looking at the horizon helps stop you from feeling sick. Sometimes you can't see the horizon when you're in a car so just watch the road in front of the car so your eyes will send the same message to your brain that your inner ears will be sending.

Other Investigations

Do a survey of your classmates and see how many of them get motion sickness. How many of them get it in a car? How many of them get motion sickness on a boat? What about in a plane?

Ask them what helps stop them from getting motion sickness. Does eating before the trip help? Or not eating? Get them to try looking into the distance next time they travel and see if that helps them.

Jokes

Why did the wave rush up on to the beach? It was feeling seasick.