

PHYSIOLOGY BEHIND MOTION SICKNESS



Why can your stomach feel like it's on a roller coaster even when you're just sitting in a car?

Motion sickness happens when your brain gets mixed signals.



Your inner ear
says:
"We're moving."



Your eyes
say:
"We're sitting still."



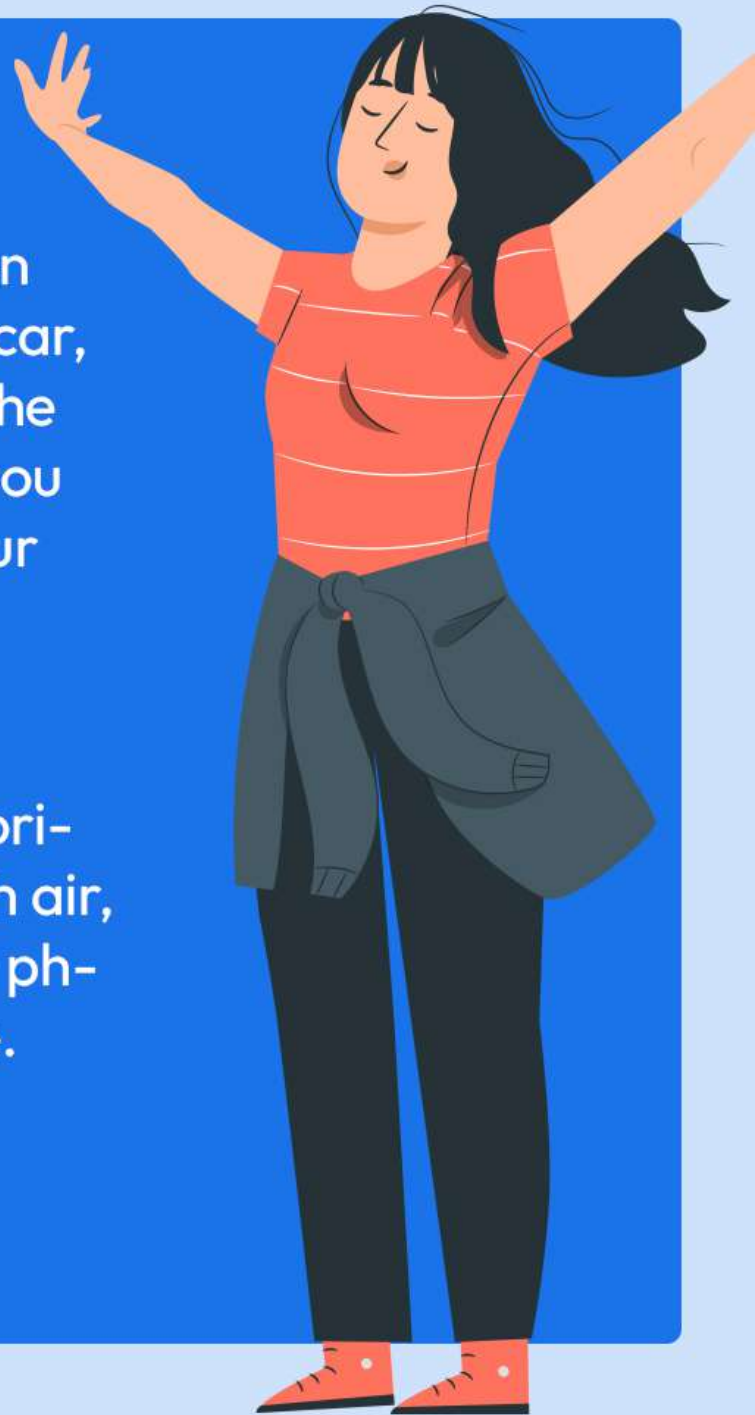
Your brain
says:
"Um... pick a story."

This sensory mismatch can trigger nausea, sweating, dizziness, and that very specific feeling of please let this ride end immediately.



It's especially common when you're reading in a moving car, gaming in VR, or sitting in the back seat—because what you see doesn't match what your balance system feels.

Quick tip: look out at the horizon, face forward, get fresh air, and avoid focusing on your phone or book during the ride.



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