

WHY DO WE YAWN?

Yawning is a natural and common action, but _____ are still not completely _____ why we do it. Most people _____ when they feel tired, bored, or _____ stressed.

One popular theory is that yawning helps _____ oxygen levels in the brain and _____ alertness. Another theory suggests that yawning helps cool down the brain, which can make us feel more _____.

Interestingly, yawning is _____. Studies show that people often yawn when they see, _____, or even think about someone yawning. This may be connected to _____ and social connection.