Why Do We Yawn?

It isn't low oxygen. The leading idea is brain cooling, and yawns are contagious, especially between people who are close.

Name: Date: Score: ____ / 17

A. Fill in the blanks

1. Giving people extra ____ does not reduce yawning.

2. A leading idea is that yawning helps ____ the brain.

3. Yawning often comes before sleep and after ____.

4. Yawns are ____: seeing someone yawn makes us yawn.

B. True or False

5. We yawn mainly because of low oxygen. True / False

6. Babies yawn even before birth. True / False

7. Contagious yawning is stronger among close friends and family. True / False

8. Yawning happens only when we are tired. True / False

C. Assertion and reason

9. Assertion (A): Yawning is not caused by low oxygen.
Reason (R): Breathing extra oxygen does not change how often people yawn.

(a) Both A and R are true, and R explains A
(b) Both A and R are true, but R does not explain A
(c) A is true, R is false
(d) A is false, R is true

Answer: _____

10. Assertion (A): Yawning happens only when we are sleepy.
Reason (R): Yawns often come before sleep.

(a) Both A and R are true, and R explains A
(b) Both A and R are true, but R does not explain A
(c) A is true, R is false
(d) A is false, R is true

Answer: _____

D. Choose the correct option

11. Which evidence argues against the low-oxygen idea?

(a) people yawn at night
(b) extra oxygen does not reduce yawning
(c) babies yawn
(d) dogs yawn

Answer: _____

12. The brain-cooling idea says a yawn:

(a) warms the body
(b) brings cool air and blood flow to cool the brain
(c) adds oxygen
(d) removes sleep

Answer: _____

13. Contagious yawning means:

(a) yawning spreads by germs
(b) seeing a yawn triggers yours
(c) yawning causes illness
(d) yawns are rare

Answer: _____

14. Yawns are common:

(a) during exams only
(b) before sleep and after waking
(c) never in babies
(d) only in humans

Answer: _____

E. Short answer questions

15. Why do scientists reject the idea that we yawn for oxygen?

16. Explain the brain-cooling idea of yawning.

F. Match the columns

17. Match each item in Column A with the correct item in Column B.

Column A	Column B	Your answer
1. Low oxygen idea	(a) Contagious yawning	1 → ____
2. Brain cooling	(b) Yawn too	2 → ____
3. Seeing a yawn	(c) Leading idea	3 → ____
4. Babies in the womb	(d) Not supported	4 → ____

Detailed solutions

1. oxygen

2. cool

3. waking

4. contagious

5. False. Extra oxygen does not change yawning.

6. True. Yawns are seen in the womb.

7. True. It is linked to social closeness.

8. False. Also in boredom and state changes.

9. (a) The experiment is the evidence for A.

10. (d) A is false (boredom, after waking, contagion); R is true.

11. (b) extra oxygen does not reduce yawning. Oxygen makes no difference.

12. (b) brings cool air and blood flow to cool the brain. Jaw stretch + deep cool breath.

13. (b) seeing a yawn triggers yours. A social effect.

14. (b) before sleep and after waking. State changes.

15. In experiments, breathing extra oxygen or carbon dioxide did not change how often people yawned.

16. The jaw stretch increases blood flow and the deep breath brings in cooler air; together they cool the brain, which may help alertness.

17. 1 → (d), 2 → (c), 3 → (a), 4 → (b). Science tests ideas with evidence.