- The droplets released when you sneeze can travel up to 100mph
- On rare occasions they can be so powerful that people can sometimes break a rib
- The spray from a sneeze can travel between 5 – 30 feet
- Biochemical signals in the hairs in your nose are the cause of a sneeze
- Sunlight causes 1 in 4 people to sneeze
- Sneezing multiple times helps to expel whatever irritants are in the nose – once sometimes isn’t enough
- You do not do it whilst you are asleep as the nerves that cause us to sneeze are resting
- You can sneeze when plucking your eyebrows as you are irritating nerve endings in your face
- It is a myth that sneezes stop your heart, but it can change the rhythm of its beat
- Up to 40,000 droplets can be produced by a sneeze