

SUPER SNEEZING FACTS

- A sneeze is an automatic reflex that can't be stopped once sneezing starts.
- People always close their eyes when they sneeze.
- A sneeze can travel more than 100 miles per hour and its spray can reach up to five feet.
- Our noses produce an estimated one to two pints of mucus per day.
- About 25% of the population sneezes when exposed to sudden bright light. (It's called Autosomal dominant Compelling Helio-Ophthalmic Outburst syndrome, or ACHOO syndrome for short.)



- People don't sneeze when they are asleep because the nerves involved in nerve reflex are also resting.
- The world record for constant sneezing is 978 days in a row by Donna Griffiths from Worcestershire, England.