

# Yawning Techniques

**Shashank V. Parulekar**

## Uninhibited Yawn



It is yawning in its natural form. The observers have a full view of the widely open mouth and its contents, which may or may not make the dentist of the yawner proud. In its most uninhibited form, the yawner adds a musical audio component to the yawn, which may be accompanied by stretching of his/her upper limbs upwards, the fingers of the two hands intertwined.

## Hand Over The Mouth Yawn 1



The yawning mouth is covered with the hand, palm towards the mouth. It is the style usually of polite and shy males, indicating the desire to cover an indecent appearance of the mouth.

## Hand Over The Mouth Yawn 2



The yawning mouth is covered with the hand, palm forwards. It is the style usually of polite and shy females, indicating the desire to cover an indecent appearance of the mouth. It suggests that the yawner is frail and delicate, in contrast to a male who has a more robust gesture.

## Hand Over The Mouth Yawn 3



The position of the fingers is as in Hand Over The Mouth Yawn 2 or 3, but the yawner moves the fingers rhythmically during the yawning process. Te movements resemble those of a percussionist on a drum. Various theories to explain these curious movements are as follows.

1. The force of air moving out of the mouth is so much that the fingers move like blades of grass in a strong wind.
2. The yawner normally blows bubbles of saliva during yawning, and the movements break the bubbles.
3. The yawner has a bad breath and these movements dissipate the air.
4. Te yawner wishes to distract the observers, making them observe the fun things he/she is doing with the fingers, rather than the yawn behind the fingers.

We believe the last theory is correct.

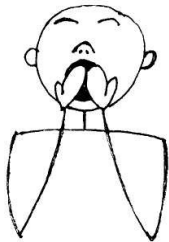
## Finger-Palm Mic Yawn

## 2 Yawning Techniques



The fingers of one hand are rolled into a tube, which is held in front of the yawning mouth like a Mic. It effectively covers the open mouth so that its contents are not seen. The air expelled is allowed to escape through the finger tube. This is an improvement over all other mouth covering techniques, which obstruct the escape of the air to a certain extent. The observer gets to see the inside of the fingers and the palm, which is perfectly all right, since there is nothing there that one can be ashamed of showing. If this technique is combined with the musical component of a yawn, the finger and palm also serves the purpose of a mic, as while singing, amplifying the sound a little.

### Two Hands Over The Mouth Yawn



Two hands are held in front of the yawning mouth, palms towards the face, inside margins of the hands touching each other. This is the most effective cover given to an open mouth. It is the technique used by a person who does not believe in doing things in halves.

### Finger Snapping Yawn



Fingers are snapped rhythmically in front of the yawning mouth. The snaps are not very loud. They are polite, just audible snaps. The mouth is not covered effectively at all. The yawner relies heavily on the distraction caused by the finger snaps, making observers watch the fun things the fingers are doing rather than the yawn.

### Closed Mouth Yawn



It is the yawning technique of an advanced yawner, usually a student in a classroom, or a junior employee in a meeting with the bosses. The air to be expelled is used to fill the mouth and pharynx, so that the floor of the mouth bulges. Then it is slowly expelled through the nose. The mouth is kept closed at all times. It looks a little funny, but not like a yawn. Thus the teachers/bosses are not offended. We warn the inexperienced yawner not to attempt this technique, as an error may make the yawner choke on his/her own breath.

### Mobile Over Mouth Yawn



The yawner covers the mouth with her mobile telephone. This is the style of those who believe the mobile is an inseparable part of the hand.