

How to prevent dizziness and nausea when reading books on the train

Sometimes reading a book makes you want to read forever and can't stop even when sitting on the train. Please refer to how to avoid dizziness and nausea when reading books on the train below!

Sometimes reading a book makes you want to read forever and can't stop even when sitting on the train. The problem is that when reading, the eye will tell your brain that your body is in a sitting position. However, this signal contrasts with the signal transmitted in the ear, muscles and joints that are shaking when sitting in the car. As a result, you get motion sickness with a feeling of nausea, vomiting, lightheadedness, sweating, saliva, shortness of breath, headache and drowsiness. If you still want to continue reading, you can apply some of the following ways to **avoid motion sickness** .

Method 1: Use self-care methods

1. Look up for a few seconds after reading for a while



Look straight ahead, **looking at a stationary object in front of you and looking out the window** will keep your body from conflict between body movement and vision.

1. Do not look at trees on the side of the road. Thus, you will be stunned.
2. Hold up the book instead of placing it on your lap to easily switch the view between books and outside vision.
3. If you start feeling sick, look out the window for a few minutes before going back to reading.

2. Reduce body shake while reading a book



Reducing body shake when reading books reduces the signal conflict between the body and the eye sent to the brain. You can do the following:

1. Sit in the position with the least vibration on the car. The last seat is more squirrel than the front seat, so it's best to sit in the front passenger seat.
2. Tilt your knees or rest your head against a chair to keep the position of the head fixed.
3. Do not read books when the car starts to leave the freeway and move into another lane. Because the body will now move strongly when the vehicle is diverted and this will make you nauseous.

3. Open the window



Opening the door to let the wind blow in the face while reading a book will help reduce nausea and feel cool. Open air will energize you. Note that opening the whole window will blow up the pages of the book, so opening a window can help.

4. Relax and don't stress if you start to see car sickness



Anxiety and stress increase nausea . So stop reading and focus on relaxation. You can apply some relaxing ways like:

1. Deep breath
2. Meditation

3. Constantly stretching and relaxing the muscles in the body
4. Imagine a static space
5. Listen to music
6. Close your eyes and take a nap

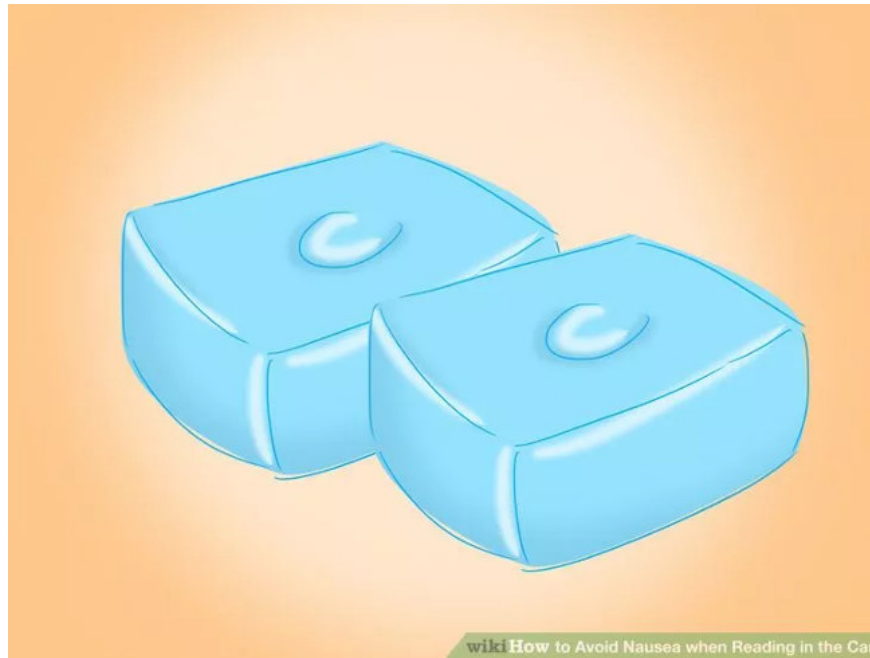
5. Snack before and while on the move



Just reading a book, while sipping some snack is great, isn't it? However, **don't overeat it, making you feel nauseous and vomiting** . Some of the following items should be avoided:

1. Fatty foods, rich in fat
2. Spicy food
3. Wine

6. Soothe the stomach when reading a book



Some foods help ease digestion and reduce nausea:

1. Biscuits help absorb some of the stomach acid.
2. Hard candy especially mint candy. However, it is advisable to suck the candy instead of chewing.
3. Carbon drinks, this drink calms the stomach and provides more electrolytes.

7. Wear acupressure bracelets



Reflexology bracelet is a kind of elastic fabric bracelet and has a small button above. **Be sure** to wear the ring so that the button is pressed inside the wrist, between the two tendons on the arm. This acupoint stimulation is thought to help reduce nausea.

1. However, you should not wear it too tight that can cause pain or prevent blood circulation in your hand.
2. Scientific effectiveness has not been proven, but some people feel it helps them.

8. Do not smoke or sit in a car with a smell of medicine



If you start feeling nauseous, you will become sensitive to the smell of medicine. Usually, smelling tobacco will make you vomit. In addition, you can use deodorant with a strong fragrance to create the same effect.

Method 2: Use home remedies and take oral medications

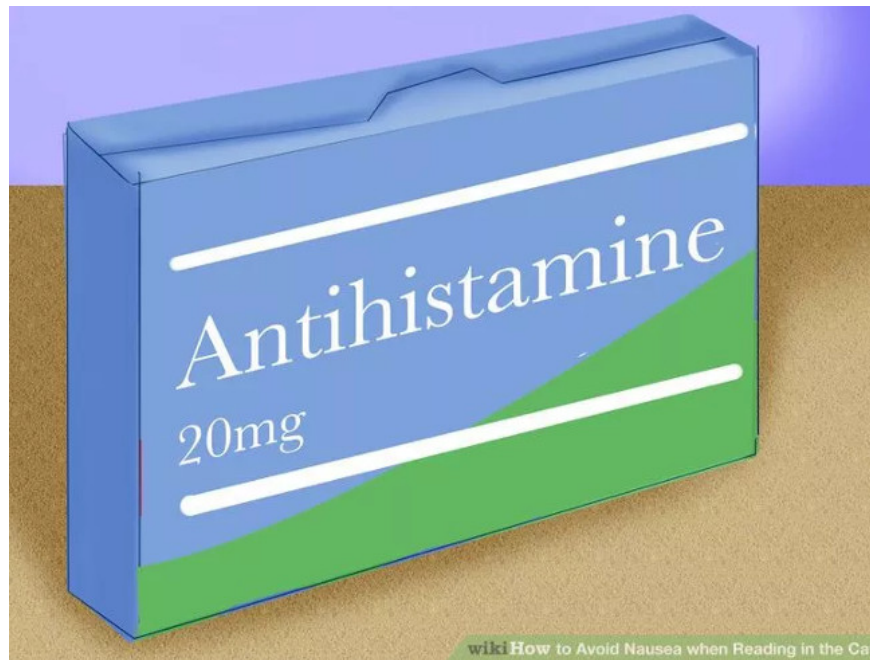
1. Use ginger



Researchers are still not sure which substance in ginger helps reduce nausea but perhaps **oil and phenol** . Although ginger has been used for centuries, it helps soothe the stomach and prevents vomiting, but science has not yet proven effective against motion sickness. Before taking it, consult your doctor if you are pregnant, breast-feeding or taking other medications to find out if you are affected by ginger. If the doctor says no problem, you can use:

1. Tea from fresh ginger. A cup of hot tea will increase the pleasant feeling when reading a book. However, ginger tea can be slightly spicy, add honey to add sweetness.
2. Ginger, carbonated water in the water helps soothe the stomach.
3. Ginger biscuits or bread
4. Ginger as a tonic

2. Take medications that work against histamine sold at the pharmacy



Antihistamines are commonly used and **meclizine** is also on sale. Please read the instructions carefully and consult your doctor before using if you are pregnant, breast-feeding or taking other medications.

1. These drugs cause drowsiness so you will be hard to wake up to read.
2. Do not drive or operate machinery when taking this medicine.
3. Should take medicine 30 minutes or 1 hour before boarding.

3. Ask your doctor to prescribe a long-distance ride



Tell your doctor if you are pregnant, breast-feeding, or have other illnesses such as asthma, glaucoma, urinary retention, seizures, heart disease, kidney disease, or liver problems. If appropriate, your doctor may recommend

scopolamine or hyoscine patches (Transderm Scop).

1. Stick the patch behind your ear for a few hours before getting in the car.
2. Can prevent car sickness up to 3 days.
3. This patch causes drowsiness, blurred vision and dizziness, so if the side effect appears strong, it will affect your ability to read. When you have to drive, do not use this sticker.
4. In some countries, motion sickness patches are widely sold. However, it should not be used in young children or older adults without consulting a doctor.

Refer to some more articles:

1. 4 ways to deal with asthma attacks - bronchial asthma
2. How to recognize, prevent and treat flu by natural methods
3. How to fight drowsiness and stay alert when working?

Having fun!

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