

SEASICKNESS: MYTH OR FACT?

Get the real facts before heading out on the water.

MYTH Most people are not affected by seasickness.

FACT Up to 66% of the population experiences seasickness.



MYTH People who spend a lot of time on the water don't get seasick.

FACT Even people who spend considerable amounts of time on the water are susceptible to seasickness. Only by significantly reducing boat roll can you virtually eliminate the risk of seasickness.

MYTH The motion of the waves causes seasickness.

FACT Our brains combine what we see and what we feel with our learned expectations. When we see a flat, steady horizon but feel the rocking motion of boat roll, our senses disagree, and we become prone to seasickness.



MYTH Seasickness goes away once you're back on land.

FACT For some, it can actually last for up to 3 days after spending time on the water.

MYTH If you feel seasick, the best place to be on a boat is up on deck.

FACT Being towards the center of the ship in the lower cabins is the best place to be to reduce seasickness. Where the boat meets the waterline is the most stable part of the vessel. The closer you are to it, the less boat roll you'll experience.



SOURCES

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