How Can You Stop Hiccups?

Hi Dr Sicknoate.


Hello Isaac!

Sometimes a fright helps.

BOO!

Did that work? If not, try drinking water from the wrong side of a glass, or holding your breath and counting to ten.

Hiccups happen when your diaphragm (say digh-u-fram) suddenly pulls down really hard, forcing you to suck in lots of air. To stop all that air rushing into your lungs, a flap at the top of your windpipe snaps shut, making a hiccuping sound!

A man called Charles Osborne had the longest attack of hiccups ever recorded. His hiccups lasted for 68 years!