

Motion Sickness

Motion sickness is the unpleasant sensation of nausea and dizziness that some people experience when riding in a moving vehicle. Motion sickness can be brought on by travelling in cars, boats, submarines, aeroplanes, trains, by riding amusement rides that spin, and even when using a swing at a playground. Astronauts in zero-gravity space can also suffer from a form of motion sickness, called 'space adaptation syndrome'.

Symptoms include nausea, dizziness, sweating, pallor and vomiting.

Health Insite:

[Motion sickness](https://www.healthdirect.gov.au/motion-sickness) (<https://www.healthdirect.gov.au/motion-sickness>)