Allergies Picture This



Look at the image below, there is a girl sneezing in front of her co-worker who looks uncomfortable of that situation. She should sneeze away to avoid any virus infection in her partner.

If you find yourself sneezing at the same time every day, your nose and your internal clock are conspiring together to tickle you at just that moment.

Sneezing is essentially just an immune response meant to clear mucus out of the sinuses.

Most of the time, it is an involuntary reaction to some kind of irritant: dust, pollen or other tiny particles floating in the air.

Moral: If your co-workers have noticed that you sneeze at the same time every day – especially in the morning – it probably has more to do with your sleep schedule than what is in the air.