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Yawning and cortisol levels in multiple sclerosis: potential new diagnostic tool

Simon B N Thompson, Alister Coleman, Nicola Williams

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Highlights

- We believe our paper is ground-breaking in terms of presenting a possible link between cortisol fluctuation and yawning.
- Many people with MS become regularly fatigued and yawn, and it is known that cortisol may help lower brain temperature.
- We present a study of MS participants and healthy controls and show that the link between yawning and cortisol elevation is more pronounced in MS.



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