







Table 13.1 Nonrespiratory Air (Gas) Movements	
Movement	Mechanism and result
Cough	Taking a deep breath, closing glottis, and forcing air superiorly from lungs against glottis. Then, glottis opens suddenly, and a blast of air rushes upward. Coughs act to clear the lower respiratory passageways.
Sneeze	Similar to a cough, except that expelled air is directed through nasal cavities instead of through oral cavity. The uvula (u'vu-lah), a dangling tag of tissue hanging from the soft palate, becomes depressed and closes oral cavity off from pharynx, routing air through nasal cavities. Sneezes clear upper respiratory passages.
Crying	Inspiration followed by release of air in a number of short expirations. Primarily an emotionally induced mechanism.
Laughing	Essentially same as crying in terms of the air movements produced. Also an emotionally induced response.
Hiccups	Sudden inspirations resulting from spasms of diaphragm; initiated by irritation of diaphragm or phrenic nerves, which serve diaphragm. The sound occurs when inspired air hits vocal folds of closed glottis.
Yawn	Very deep inspiration, taken with jaws wide open; ventilates all alveoli (some alveoli may remain collapsed during normal quiet breathing).

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