

Why your emotions and senses go haywire on a plane

June 25, 2019

When model, cookbook author and unofficial mayor of Twitter Chrissy Teigen [wondered](#) aloud on the social media platform whether there is a reason she cries more at movies while on a plane, she tapped into a shared — and apparently emotional — travel experience.

“Is there something about being on an airplane that makes you cry more during movies? I definitely cry more.”

The answer from her followers was an overwhelming “yes”: Followers attested to sobbing over “Deadpool 2,” “Bridget Jones’s Baby,” airline safety videos — you name it. And the reasons hypothesized to explain the emotions were just as varied. It’s the vodka. Or the altitude. Or the lower oxygen levels in the blood. Comedian Joe Randazzo, confessed plane-crier at “Legally Blonde 2” and “Thor: Ragnarok,” [offered](#) a slightly morbid view: “Some say it’s the air pressure but I believe it’s because deep down your subconscious knows it might be the last movie you ever see.”

Although there are far more anecdotes than pieces of solid research, psychologists can point to explanations behind what’s been dubbed the “Mile Cry Club.”