
Video Games Causing Motion Sickness

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What about you? Does motion sickness affect what and how you play video games?

Like some of you out there, I suffer from motion sickness, which a lot of times doesn't go well with my desired profession. Fast paced shooters and other first person titles are usually the culprit, but sometimes there's a few other titles that have a major effect.

Recently, Ninja Gaiden II set me off in a bad way. With a combination of the game's very bad camera and choppy framerate, an hour long play session had my dizzy and on the verge of vomiting for good bit of time after playing. Ninja Gaiden Sigma on the PS3 gave me no such problems. In fact, I played through half of that game in one sitting. Then you have games like Call of Duty 4, which, although it's very fast paced, runs at a constant framerate and gives me no problems whatsoever. I've had marathon sessions lasting six to seven hours or more of Call of Duty or Halo 3 where I haven't had a single issue with motion sickness.

So what exactly causes this problem? In most cases, it's a combination of bad framerate and poor camera issues, which is why Ninja Gaiden II caused such an effect. In many games where the framerate is not locked, the rapid changes in screen updates can cause your mind to get confused. And if the camera doesn't control the way it should, your perception of the world goes right out the window.

Many people suffer from motion sickness that play video games. Some choose not to play games that affect them, such as first person shooters or extremely fast racing titles. Others opt for very short play sessions to keep things in check. Me? I go for the medicine route. Sure, you can use Dramamine or other over the counter pills, but those just end up making you woozy. A cheaper and, in my opinion, better solution is ginger root capsules. The effects of ginger root are similar to what you could get with Dramamine, but without getting you all loopy. If none of these options work for you, there's always prescription drugs. But if you need to go that far, you might have to

go with option 1, which is avoiding the games that cause issues altogether.

Motion sickness hinders what I play sometimes, but it's nothing that can stop me from any games that are great and that I really want to play. It took me six months to pick of Call of Duty 4 because I was afraid of how it would affect me, but I'm much happier knowing I've played the game (and continue to play).