# Article information:

Sci-Hub | Mobile Devices and Health | 10.1056/NEJMra1806949
<https://sci-hub.wf/10.1056/NEJMra1806949>

# Article summary:

1. Mobile devices have become increasingly popular and are now used by many people on a daily basis.

2. This article examines the potential health risks associated with using mobile devices, such as radiation exposure, sleep disruption, and eye strain.

3. The article also discusses ways to reduce the risks associated with using mobile devices, such as limiting screen time and taking regular breaks from device use.

# Article rating:

May be slightly imbalanced: The article presents the information in a generally reliable way, but there are minor points of consideration that could be explored further or claims that are not fully backed by appropriate evidence. Some perspectives may also be omitted, and you are encouraged to use the research topics section to explore the topic further.

# Article analysis:

The trustworthiness and reliability of this article is generally good. It is published in a reputable journal (the New England Journal of Medicine), which suggests that it has been peer-reviewed and is based on reliable research. The author cites several sources to support their claims, including studies conducted by other researchers in the field. Additionally, the article does not appear to be biased or one-sided; it presents both sides of the argument fairly and objectively. However, there are some points that could be explored further in future research, such as the long-term effects of radiation exposure from mobile devices and how different types of users may be affected differently by device use. Additionally, while the article does discuss ways to reduce risk associated with device use, it does not provide any concrete evidence for these methods being effective in reducing risk.

# Topics for further research:

* Long-term effects of radiation exposure from mobile devices
* Different types of users and mobile device use
* Risk reduction strategies for mobile device use
* Health effects of mobile device use in children
* Impact of mobile device use on mental health
* Research on mobile device use and cancer risk

# Report location:

<https://www.fullpicture.app/item/4af2f020b2e4b07bab160882abad0a38>