

Read the text and choose the correct answers.

MOBILES AND HEALTH ISSUES



Forty years ago mobile phones did not even exist but soon more than 2 billion people will be using them on a daily basis. This fairly recent _____ has proved very useful but the fact that we are constantly bombarded by electromagnetic waves may have long-term effects on our health.

_____ suggests that our favourite gadget, which we look at 150 times a day, contributes to all kinds of health issues. Staring at your phone for too long may lead to serious problems with your eyesight. _____ mobile phone users suffer from headaches, neck and shoulder pains, tiredness, poor hearing as well as problems with sleeping.

So maybe it is worth _____ our personal habits when it comes to using mobile phones? Experts suggest holding the devices a few centimetres away from your ear and switching ears every few moments. It is recommended not to use them for more than 15 minutes at a time and to leave them _____ your bedroom at night. And don't forget to clean your phone every once in a while. The average phone is a paradise for all kinds of bacteria.