

# **Cry for Help**

## Computer Tips & Tricks

### **Smart Phone Health Issues**

A recent study by Dr Kenneth Hansraj, has found that prolonged staring down at your smart phone can cause spinal problems. He states the extra load on your neck can vary up to 27kg at a maximum neck angle of 60° reducing to zero as your neck returns to a normal vertical posture. The abnormal posture then has a compounding affect when the looking down position is held for a long period of time, potentially causing a stiff neck and worse still, will stress the spine and possibly lead to early degradation.

Other studies suggest that radiation from your phone can even cook your eyes. That is, if your eyes are exposed to the kind of heat and radiation given off by phones for long enough, tiny bubbles can start to form in your eyes. This is a precursor to cataracts. Furthermore, these devices can ruin your sleep. This is mostly due to the type of 'blue' light that the screen on your smart phone emits. The light reduces the production of melatonin, our natural sleeping hormone which increases sleeping difficulties and causes more daytime sleepiness. You should instead turn off all devices at least an hour before going to sleep.

Ref: [www.news.com.au](http://www.news.com.au)

This month we celebrate 10 years of "Cry for Help" we have published every month in the Port Report since our first one in Dec 2004, where we talked about Copy & Paste. A big thank you to all our readers and we hope the topics continue to be interesting and informative. Please contact us if you have any particular suggestions. PS back issues are still available on our web site at: [www.jnhsoftware.com.au](http://www.jnhsoftware.com.au)

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