

5 items near the bed increase your risk of cancer

Besides dirty food sources that increase the risk of cancer, the subordinate objects are also the cause of cancer in each of us.

The seemingly familiar and harmless items are often placed around our bed. But in fact, not everyone knows, these items are the culprits causing cancer risks.

Today life is growing strongly, besides dirty food sources, extremely familiar items such as phones, aromatic bags, night lights . It is also the cause of cancer in people. we are increasing. From this day, remove these items from the bed to protect the health of yourself and the people around you.

1. The top 5 foods to eat are at higher risk of cancer

1. Mobile phone

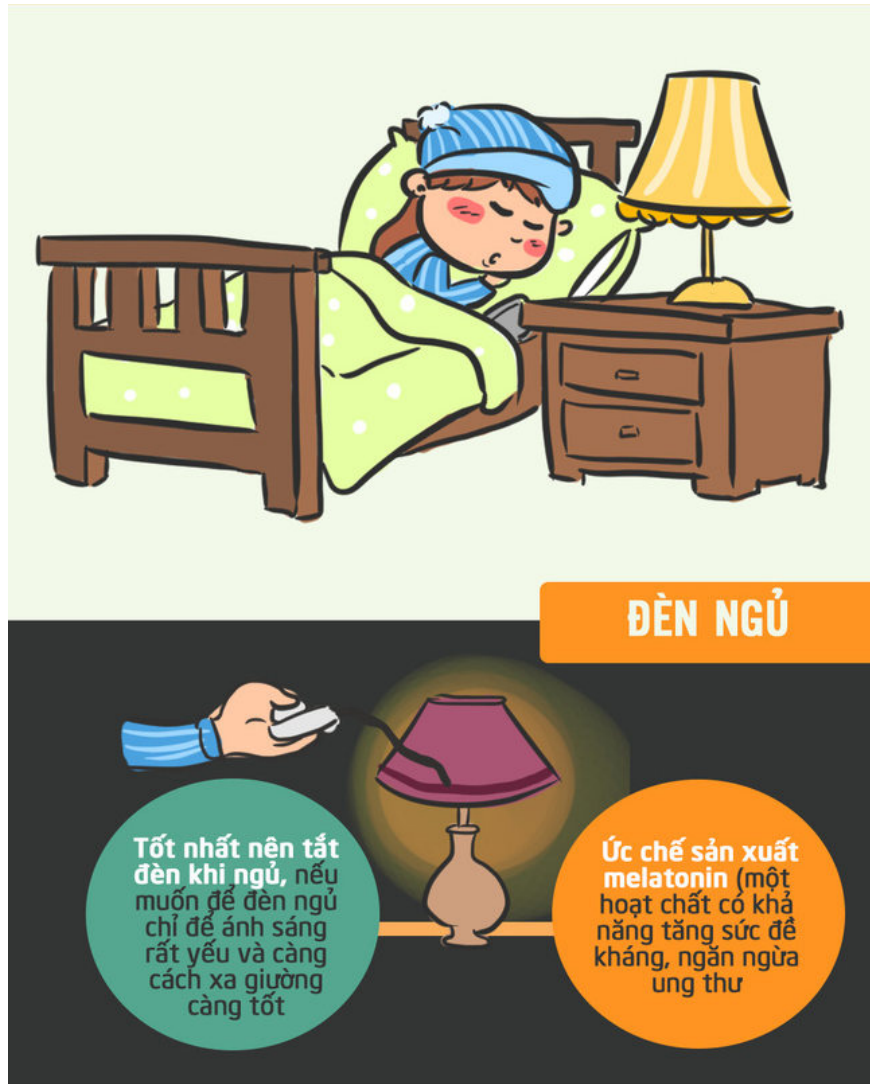
1. 10 reasons why smartphones negatively affect your health



Today most of us own a smartphone, but these phones are the leading cause of increased risk of cancer. Not only that, we often have the habit of using the phone at night, but it is not known that the blue light emitted from the phone at night also causes the body to inhibit melatonin production, causing insomnia and arrhythmia. learning, not only the blue light, it also reduces the resistance, the ability to fight cancer decline.

Besides the green light emitted from the phone, the waves from the phone also significantly affect the brain and health, because we often have the habit of using the phone and putting it on the bed. Especially the risk of explosion will be very high when charging, while playing the phone will be very dangerous to your own life.

2. Night lights seem harmless



Nightlight is an indispensable item for every family. Many people often have a habit of turning on lights when they are asleep because they are afraid of the dark, creating a sense of peace of mind and easier to sleep. There's no denying that the light of the night light makes it easier to move in the dark when you wake up in the middle of the night, and create a warm feeling to the room, sometimes even a decoration for the house. spectacular.

However, the light emitted from the bedside lamp is an artificial light, often turned on at night, which directly affects the brain structure, limiting the production of melatonin - the hormone Important to the immune system and helps increase the progression of cancer.

Although the light of the night light is not as dangerous as the green light of the phone, it is also a cause of cancer.

Therefore, it is best to turn off all electric lights before going to bed for a deeper sleep. If you are afraid of the dark when you sleep, you can also turn on the sleeper, but be aware, leave the lamp at the lowest light level and keep away from our bed as far as possible.

3. Scented candles increase the risk of cancer



Many families have a habit of using scented candles to create a fragrance for the room and to help make the bedroom more romantic and warm, especially newly married couples.

However, with modern candle production technology, many types of candles are often added to paraffin-containing ingredients, a kind of smoke that releases toxins no less dangerous than cigarette smoke. Therefore, we should limit the use of these scented candles, if used, we should burn and leave candles for no more than 3 hours in the room because if left longer this time can cause difficulty breathing and danger. If possible, we should replace candles made with beeswax or essential oils to make room and protect the health of the whole family.

4. Fragrant bags increase the risk of cancer and respiratory disease



Aromatic bags are a familiar item and are often used to prevent mold and closet moisture, making the room always cool, comfortable and relaxing with the cool aroma of these bags.

However, the scent emanating from these bags also has many potential risks of causing respiratory and cancer diseases. Because they are produced from odor-forming chemicals and chemical additives for fragrance, including naphthalene. So it's best not to put in bed when going to bed.

5. Room spray bottle



Just like the unpleasant deodorant products of the room, this room spray also helps the room to be fresh and fresh.

However, few people know that in the spray bottle contains naphthalene and formaldehyde - substances that are harmful to the lungs and increase the risk of developing cancer.

So when you spray the room, you should go out a little bit so that the room helps to smell without affecting your health, absolutely should not spray before going to bed. Room spray bottles also need to be placed in the right places, not under the bed or by the bedside, will be harmful to health.

Precautions

1. If you do not want to get cancer early, limit those items or remove them from your bedroom.
2. For aromatherapy products for the bedroom, you should not use artificial scent products. Make your own aromatic bags from orange peel, lemon, coffee beans, rosemary . from nature to make the bedroom cool and safe for your health.
3. In addition, you should also clean the bedroom regularly, remove unnecessary items to make the bedroom space airy, odorless.
4. In addition, get into the habit of giving up your bed lights and using your phone at night. You may not leave the night light right away but practice that habit. Moreover, try to get up early to sunbathe, breathe in the natural atmosphere to help your body stay healthy and refreshed.

5. These are items that are likely to cause cancer in your bedroom. Do not overdo them after learning this. You still have many other ways to make your bedroom more beautiful and warm.

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