

6 reasons you should not put your laptop on your lap when working

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It can be said that laptops are an indispensable tool in our modern life because of the convenience that they bring. Many people have a habit of putting small laptops on their thighs for convenience, and the bad news is that this will put them at risk for relatively serious health problems. There are many scientific studies as well as typical cases around the world that have proved that point, the main culprit is a kind of toxic electromagnetic radiation called EMR.

In fact, laptops will emit EMR at different frequencies and they are thought to be harmful to your body.

Take the time to watch the video below for more details on this type of radiation.

Therefore, when using a laptop, the organs in your body will all suffer from a certain amount of unhealthy electromagnetic radiation, depending on the location of the device compared to the human body. Keeping the laptop as close to the abdomen as possible is not beneficial, especially for pregnant women.

Harming reproductive organs

The wireless signals received and emitted from laptops are potentially harmful to reproductive organs especially in men. Placing the laptop on your lap for a long period of time can cause a decrease in sperm count for men and for female eggs.

In addition to the harmful waves, leaving the laptop on your lap will cause the area to heat up. A recent study has shown an intimate relationship between the temperature of the male private area and the decline in the amount of 'sperm'. If the average temperature in the enclosed area increases by 1 degree Celsius during the day, the amount of sperm will decrease by 40%. While placing a laptop near an enclosed area can cause the temperature of this area to rise to an average of 2.1 degrees Celsius.

Moreover, another study in Argentina showed that men placed a laptop close to the area of the testicle that could damage the sperm cells' DNA.

In another study conducted by the American Society for Reproductive Medicine, placing the laptop on your lap may affect fertility as follows:

'To our knowledge, this is the first study to assess the direct impact of laptop use on human sperm. For example, Vivo waves exposed to human sperm via an Internet-connected wireless laptop reduce mobility and fragment

DNA due to temperature effects, thereby reducing fertility. Men's products'.

The good news is that if the temperature rises for a short time and does not repeat many times, it is not worrisome. However, if repeated regularly will lose the ability to restore the function of the testicles, there is a risk of permanent damage.

There is a risk of cancer

Swiss scientists, PhD. Andreas Arnold and Peter Itin from Basel University Hospital in one of their studies found that hot laptops lead to skin damage, and because EMR can alter the information of genetic structure, it can lead to cancer. leather letter.

Another famous dermatologist, Anthony J. Mancini, thinks that such skin conditions may increase the risk of squamous cell skin cancer, which is far more dangerous than common skin cancers. I already know. Besides burning skin and causing scarring, scientists also concluded that people who keep laptops on their thighs for too long are at a higher risk of developing testicular and ovarian cancer than bottles. often.

Causing pain in the neck and back



Bowing to work with notebooks on the thighs will cause pain in the back and neck. Indeed, according to the survey, nearly 76% of those who regularly buy pain relief pads acknowledge that these pain may be due to the fact that they spent too much time working with the laptop. So what is the solution here? Do not use a laptop on the bed, or on the chest, thighs to work, put it on your desk and choose a comfortable chair, prefer the size that fits the height of the desk to hold Your back is straight and the neck joint is not forwarded either. Regular resting of your body will also be relieved and limit the pressure of putting on joints after spending a lot of time staring at the computer screen.

May affect sleep quality

Many people have a habit of working or entertaining for a while on a laptop or phone before going to bed, which is not recommended at all. In fact, cold-colored artificial light (especially blue light) emitted from a screen will prevent the release of melatonin. Melatonin is a hormone that regulates and determines the quality of sleep.

If you experience insomnia for a long time, try switching to reading a book or magazine, listening to music or listening to the radio a bit instead of using a laptop or phone before going to bed in one Time to watch, it is possible that your sleep will improve significantly!

May lead to adverse effects on the fetus



As mentioned above, prolonged laptop use can affect women's fertility and fertility. Specifically, it may slow down egg production and make it difficult for women to conceive.

For pregnant women, the use of a laptop on the lap or near the abdomen area will risk the potential risks. EMF radiation can cause serious health problems for the fetus. When these children are born, they can suffer from birth defects, and both physical and intellectual development are affected.

According to studies, the mother and fetus will be more sensitive to EMR emitted from laptops than others, while the damage EMR causes to the fetus is difficult to detect in time.

May cause burns and itching



If you spend a considerable amount of time every day "sticking" to a laptop, be it working, reading, or simply watching a movie, you are at high risk of getting a syndrome called 'Skin burns'. A medical report has found that placing devices like laptops next to the skin for a long time can lead to abnormal spotting or further rash. Exposed to high temperatures for too long.

This condition is also known as "ab igne red rash", the disease will develop in a light-weighted manner depending on whether you use the laptop often or not. Usually this disease is not too dangerous, it will go away when you reduce the intensity of working with the laptop, but can cause long-term damage to the skin pigments in the area where the laptop is exposed, making the area This skin is darker.

Conclude

These are six reasons why you should not put your laptop on your lap or belly, especially when the device is connected to Wi-Fi. Try to put it on the desk to keep yourself at a safe and reasonable distance with the device. The harms are sometimes not so obvious, but the damage they cause on your body will last long.

See more:

1. Configure your laptop to be a Wi-Fi hotspot
2. 2 basic steps to replace, upgrade laptop RAM
3. Steps to fix charging laptop not to power
4. 5 ways to cool down, cool, laptop radiator simple and effective

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