



News

- In a court ruling dated April 2018, the Supreme Court in Israel clarified that holding a mobile phone while driving, even without using it, is a violation and therefore prohibited.
- A report evaluating ways to reduce the number of people injured as a result of smartphone use while driving was published by the Israel National Road Safety Authority in April 2018.
- The Israeli annual activity report on non-ionizing radiation for 2017 is now published on the WHO (World Health Organization) website.

New Articles

Hybrid Cars

In recent years there has been an increase in the demand for hybrid cars in Israel. Usage of hybrid cars involves exposure to low frequency magnetic fields. Because of the daily use of hybrid cars, the issue of exposure to magnetic fields arises. [Information on this subject can be found in the following article.](#)



[Read the full article](#)

The association between use of digital media and sleep disturbances in children & adolescents

Good quality, continuous and sufficient sleep is important for daily functioning and for physiological and cognitive health. Sleep disturbances are a common phenomenon amongst children and adolescents (mainly less sleep hours than recommended). One of the possible risk factors associated with sleep disturbances (mainly sleep duration and quality) is the use of digital media. This association became more relevant due to the growing use of digital media and the increasing number of these devices in children's bedrooms. [The following review examines the association between use of digital media and sleep disturbances in children & adolescents.](#)



[Read the full review](#)

Use of End User Devices as a Pedagogical Tool in Schools – An international review

Many schools around the world have chosen to integrate digital technologies. Alongside the advantages of using technology as a learning tool, careful consideration of the possible health and welfare effects of this use is necessary. The following review examines whether there is a national policy for "E-learning" programs in various countries, and whether there is any reference to the possible health effects of implementing the programs. [This review is based on information collected via questionnaires that were sent to 29 countries and presents their findings, conclusions and recommendations.](#)



[Read the full review](#)