**The increase in mental health problems among children may be due to cell phone radiation**

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Microwave radiation, the explosion of wireless technology means that we are exposed to more microwave radiation. Information Technology (IT) Minister Anna-Karin Hatt  want to Swedish schools is even more connected - but our mobile society begins to have an impact. More computers give more radiation and in the long run can lead to sleep problems, depression and ADHD, writes Mona Nilsson, Swedish Radiation Protection Foundation, in a reply.

Swedish children suffer more from sleep problems, difficulty concentrating and are sad. They are given increasingly sleep drugs , antidepressants and ADHD medications. The increase in mental illness and sleep problems have been described over and over again in recent years, most recently in the Swedish newspaper Svenska Dagbladet last week.

Never before have so many children and young people sought help at the child and adolescent psychiatry clinics. The increase in the prescription can not be explained by the doctors become more inclined to prescribe pills. Children and young people do not feel well in Sweden today. The problem also applies to young adults. Never before have so many young adults have sleep problems and mental illness. We must look at all possible causes of the problems. What has changed in our environment and our way of life?

There is an environmental factor that has increased significantly in our environment, in the children's school and in their homes. Children's and young people's exposure to microwave radiation from wireless technology has exploded in the last five-six years. Significantly more children use mobiles and surfing the internet with wireless connectivity, while almost every school has introduced wifi. Children exposed also passive already in the womb for parents mobiles radiation. The wireless data network in the home and behind the wall to the neighbor. From the bedroom window is seen more and more cell towers.

Swedish children grow up today surrounded by levels of microwave radiation as no previous generation.

IT Minister Anna-Karin Hatt and the Centre Party education policy spokesperson Ulrika Carlsson want in an article on SVT Debate that our children's exposure will increase even more. She is "absolutely convinced that the increased use of computers in schools is the answer to many of the school's problems." But it is just the opposite.

The radiation causes learning, concentration and memory problems, which we hardly want to see the increase in the school rooms. Many teachers and students can not at all stay in school any longer since wifi was installed, and a laptop computer given to each student. The radiation gives them heart problems, concentration and learning problems, headache and rash, they tell.

For decades, scientists have described that microwaves cause the symptoms that more and more children are suffering from: sleep problems, concentration problems, depression, anxiety attacks and stress. The effects have been confirmed by the recent research.

For example, researchers at Yale University last year that mice exposed to mobile phone radiation in utero have ADHD symptoms and impaired memory as adults. A study has shown that children who were exposed the most for mobile radiation during gestation and early childhood ran an increased risk of behavioral problems at age seven. German doctors have shown that children who are exposed to radiation from mobile towers increasingly have lower levels of a substance, phenylethylamine, which is also altered in children with ADHD. The doctors also found that substances like dopamine, linked to depression, were negatively affected - as other substances that suggested increased stress.

Several studies have shown that adolescents who use mobile most also have an increased risk of mental illness. Neighbours to the cell towers have insomnia and concentration problems. Several stress and sleep researchers have confirmed that radiation has a sleep disruptive and stressful effect on the brain.

The other day, a new international report on research in the field of 29 international experts, who concluded that the effects of the radiation is now fully understood. The report points to the risk of the same symptoms as increasing among the increasingly microwave irradiated Swedish children and adolescents.

We must stop exposing our children and youth for the known risks from wireless technology. Minimize the use of mobile phones, tablets and wireless connected computers. Return to the secure phone and use the cabled internet to your computer in the home and in schools.
Mona Nilsson, journalist and founder of Swedish Radiation Protection Foundation

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