

Create A Sleep Sanctuary

Sleep is a time for the body to rejuvenate. These simple steps will help give your body an uninterrupted 8 hours in a lower-EMF environment.

Sleep in the Dark

Turn off unnecessary outdoor lights or use light activated systems. Use a sleep mask or light blocking curtains.



Remove Electronics From the Bedroom

This includes all screens, cell phones, TVs, electronics and video game systems.

Give screens a bedtime. Experts recommend turning screens off two hours before you go to sleep.



Safer Connections

Ensure you do not have a cordless phone base or cordless phone charging station near your bed as these emit wireless just like cell phones.

Get a non-cordless phone, if possible.



Turn Wi-Fi Off

Turn off and unplug Wi-Fi networks, cell phones and wireless devices at night.



For An Alarm

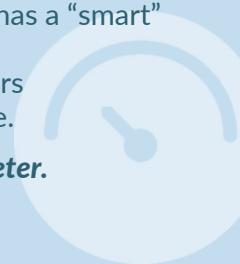
Use a battery powered alarm clock, instead of a cell phone.



Smartmeters

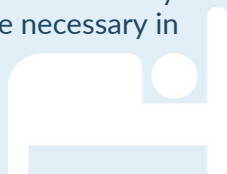
Ensure the bed or crib is not on a wall which has a "smart" utility meter or panel of meters on the other side.

Get an analog meter.



Keep A Distance

Remove electric cords from around and under the bed. Appliances (air purifier, fan, etc.) should be several feet away from the bed, if they are necessary in sleeping areas.



Safer Charging

Charge your phones and wireless devices outside of your bedroom, not on the nightstand.

Charge during the day on a flat, hard surface, not on soft cushions or a bed.

