

_____’s Personal EMF Protection Plan

Remember: Distance is your friend!

		Good	Better	Best
1	Cell Phone Safety			
	Turn off Bluetooth, Wi-Fi, Maps/Locator Services/GPS	○		
	Keep it off your body; hold at arm’s length		○	
	Reduce number of times you check messages from ___ to ___ times/day	○		
	Use an Air Tube Headset, in addition to the items above		○	
	Use a shielded case, yet still keep it off your body	○		
	Set up landline (traditional or VOIP, such as OOMA Telo, Magic Jack— yet make sure they do not emit Wi-Fi)			○
	Forward cell phone to landline phone. Or synch iPhone to MacBook and answer calls on hardwired MacBook, or use Google Voice on either the Mac or PC.			○
	Charge cell phone away from bedroom			○
2.	Internet / Office Set-Up			
	Turn off Wi-Fi off at night, and also during the day when possible	○		
	Cover router with Router Guard / Signal Tamer	○		
	Buy a low-RF Eco Router: Asus AC1900 or AC 1750		○	
	Connect shielded, grounded Ethernet cables, plus grounded Ethernet Grounding Adapter/Network Cable Ground (Search which adapter works with your computer)			○
	Use hardwired keyboard and mouse, then turn off Wi-Fi, Bluetooth			○
	Unplug wireless printer and other electronics when not in use; keep cords distant	○		
	Connect printer with USB or Ethernet cable and turn off Network Wi-Fi and Wi-Fi Direct Connect in settings			○
3	Sleep Sanctuary			
	Unplug lamps, clock, white noise machines, air purifiers, and other bedroom electronics etc. within six to eight feet of bed	○		
	Use battery-operated clock instead of cell phone alarm (unless in Airplane Mode, with Wi-Fi and Bluetooth off)	○		
	Use rechargeable clip lamp and/or flashlight	○		
	Turn off circuits affecting bedroom manually. Or have electrician install Safe Living Technologies’ RCS4 Cut Off Switch Kit or EMF Safe Switch			○
	If applicable: Discontinue use of baby monitor			○
4	Smart Television & Other Smart Devices			
	Power down when not in use, or use on/off switch on power strip	○		
	Hardwire with Ethernet; go to Settings and turn off Wi-Fi (Sony, Sharp models)			○
5.	Other Smart Devices: Smart Speakers, smart appliances, etc			
	Hardwire with Ethernet cable when possible, disable Wi-Fi			○
6.	Periodically monitor radio-frequency radiation (RFR or wireless radiation) with an RFR detector / meter that you own or share with others			○