

Why Create a Sleep Sanctuary?

Fact Sheet



In a time of drastic change it is the learners who inherit the future. The learned usually find themselves equipped to live in a world that no longer exists. – Eric Hoffer



Building Biology Institute
The science of healthy buildings

Why create a sleep sanctuary?

The human body is an amazing, self-rejuvenating system that has the ability to repair itself during sleep. The body's own internal electrical system functions via electrical impulses that are generated by the brain and used for intercellular communication. Physiologically, the body is composed mainly of water with a high mineral content, which makes it very electrically conductive.

Every cell in the body knows when to divide by vibrating. Brain cells, nerve cells, and bone cells all vibrate at different rates in order to communicate with one another.

In the typical sleeping area, electrical exposures from external sources (i.e. live electrical wiring in ceilings, walls and floors) is thousands of times stronger than the body's own electrical system. Long-term exposure to these high-level electric fields can impair the body's ability to communicate with itself, and thus negatively impact a person's health. The average person spends approximately one-third of their life sleeping. Doesn't it make sense to reduce exposure to electric fields in our sleeping areas?

For some people, long-term exposure to elevated levels of electricity at night lead to physical symptoms such as: headaches, hyperactivity, nightmares, depression, fatigue, eyestrain, and muscle cramps. Biological problems associated with electromagnetic stressors fall into two primary categories:

- 1) Brain (behavioral abnormalities, learning disabilities, altered bio-cycles and stress responses)
- 2) Growing tissue (embryos, genetic material and cancer)

5 Easy Steps to Creating a Sleeping Sanctuary:

1. **Use battery-powered clocks near the bed:** Many electric clocks produce high magnetic fields. Research has shown that exposure to high magnetic fields while sleeping can cause severe chronic illness.
2. **Turn off bedroom-affecting electrical circuits:** A restful sleep is necessary for good health and a strong immune system. Electric fields affect the body's bio-communications, preventing a person from sleeping soundly.
3. **Eliminate, minimize, or shield Radiofrequency (RF):** Radiofrequency signals from portable phones, cell phones, and wireless devices have been shown to interfere with the body's immune system.
4. **Use beds without metal:** Metal frames and metal box springs can amplify and distort the earth's natural magnetic field, which can lead to non-restful sleep. Use natural materials for mattresses and bedframes instead. Natural materials for mattresses include organic wool and natural latex. Wooden bed frames are beautiful and durable.
5. **Make sure there are no elevated magnetic fields:** Magnetic fields from appliances and building wiring can penetrate walls into a bedroom and disrupt the body's communication system.

Newborns and children are more vulnerable to electromagnetic stressors due to their thinner skulls and yet-to-fully-develop immune systems. See the following fact sheets for additional information:

- **Electromagnetic Radiation Fact Sheet:** <https://buildingbiologyinstitute.org/free-fact-sheets/electromagnetic-radiation/>
- **Baby Monitors Fact Sheet:** <https://buildingbiologyinstitute.org/free-fact-sheets/baby-monitors/>