

## ELECTROSMOG PROTECTION STRATEGIES



### MOBILE PHONE

Turn onto **airplane mode** when not in use.  
Use on **speaker phone** rather than next to ear.  
Use **anti-radiation phone pouch**.  
If headset required, opt for **airtube headset**.

### WIFI DEVICES

Turn off **wifi router** at night & when not in use.  
See DAYTIME section regarding **ethernet cable use**.  
**Avoid wireless wearables**, eg. watches, sleep monitors.  
**Avoid wireless baby monitors**.  
Refuse **smart meters**.



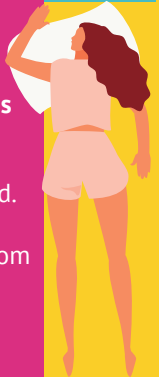
### DAYTIME

Opt for **corded phone** rather than cordless phone.  
Hardwire devices with **ethernet cables & disable 2.4GHz & 5GHz applications (wifi)** on router by accessing the IP address in browser.  
Use **wired** keyboard & mouse.



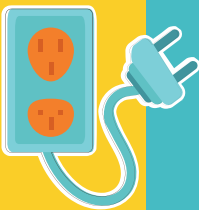
### NIGHTTIME

Turn off **mobile phone/wireless devices & remove** from room.  
**Unplug** clocks & electrical devices & move away from bed.  
**Turn off power at fuse box** to whole house OR isolate bedroom plus downstairs ceiling lights.  
**Avoid metal** in bed frame & metal coils in mattress.



### ELECTRICITY

**Unplug** not-in-use devices.  
**Research & reduce dirty electricity (DE)**: eg. minimising dimmer switches, compact fluorescent bulbs, chargers.  
**Consider DE when choosing new electrical devices**.  
Consider using **DE monitor & filters**.



### MONITOR

Use EMF monitor to **detect levels** in your environment.



### SHIELD

Protect when out & about with **shielding hat & clothing**.  
Sleep inside **EMF-shielding bed canopy** if necessary.

