

# Reducing RF Pollution at Home

The Science is Clear, Radio Frequency (RF) & Electromagnetic Fields (EMF) can negatively affect health. EMF & RF is everywhere in our environment! What can we do?

## Protect your sleep

One of the most important steps you can take to give your body a chance to rest and regenerate is to sleep in a low EMF environment.

- Turn WiFi off at night.
- Power down your cell phone & place it in another room.
- Unplug all electronic devices.
- Consider powering off the breaker to all wires in/around the bedroom.
- Invest in a RF-blocking canopy for your bed if you live in a high RF environment that you cannot control.  
Find RF testing meters, RF blocking clothing, fabric & bed canopies at [lessemf.com](http://lessemf.com)
- Investigate if melatonin supplementation is right for you. Melatonin is a powerful antioxidant and is necessary for deep restorative sleep. RF exposure hinders melatonin production.
- To further deepen sleep: Turn off screens one hour before bedtime. Sleep in a completely dark room. Block LED street lights with dark curtains. Eliminate noise. Explore grounding solutions for sleep.

\*Dr. Klinghardt has spoken at length about the importance of creating a low EMF sleeping environment and about the role of sleep & melatonin in health recovery. [klinghardtinstitute.com](http://klinghardtinstitute.com) & YouTube

## Tips for Tech

There are many ways we can reduce our daily exposure to RF while still living in the modern world... One wire @ a time.

- Get to know your router. Look at the label on the device. All routers can be logged into via a browser. The wireless radio can be turned on/off and timers can be set.
- Wire stationary tech such as computers, tv/game device w/ Ethernet. Use a wired mouse, keyboard, gaming control. Ethernet cords & Adapters for laptops, android phones, tablets are inexpensive.
- Put your cell phone on Airplane mode when you have it on your body. Use speaker function or AirTube headset. At home, use a landline or VoIP for phone calls.
- Instead of streaming, download and then watch while in Airplane mode.
- "Smart" devices are best avoided. Get a wired thermostat, a mechanical wrist watch. Avoid wireless earbuds & hearing aids.
- Ground yourself throughout the day by walking barefoot, digging in the dirt, laying on the grass. Consider grounding your computer. Use a desk, not your lap to hold your computer.

Tech can consume us. Remain human. Cultivate human skills such as building, growing, singing, playing a musical instrument, making art & dancing.

Eliminating Radio Frequency Pollution,  
*ONE WIRE AT A TIME* | [spokanewired.org](http://spokanewired.org)

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