

What We DON'T Recommend for a Low-EMF Home

Based on real measurements—not marketing claims.

Low-EMF living isn't about fear or buying special products.

Over the years, we've measured many popular devices and “protection” tools inside real homes. Some results were surprising — and not in a good way.

This list shares common items we personally don't recommend, especially in sleeping areas, based on what we've measured, not what's marketed.

✗ What We DON'T Recommend

✗ Wireless baby monitors (Wi-Fi & DECT)

High RF levels measured near the crib.

✗ Wi-Fi mesh systems near bedrooms

Constant background transmission, even at night.

✗ EMF stickers, chips & “harmonizers”

No measurable reduction in exposure in our testing.

✗ Smart devices in sleeping areas

Periodic transmission even when “idle”.

✗ Grounding sheets & mats (without guidance)

Can increase electric fields in modern homes when used without testing.

✗ Bluetooth accessories used for hours

Distance matters more than most realize.

✗ Shielding products without a strategy

Can reflect or concentrate exposure.

✗ Assuming newer tech = safer

More antennas ≠ less exposure.

● What We Focus On Instead

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- Measurement before assumptions
- Bedrooms and children's spaces first
- Distance and wiring strategy
- Reducing sources instead of adding products
- Simple, realistic changes that actually lower exposure

Educational only. EMF environments vary. Measurement matters.