

BEDROOM EMF MITIGATION USING THE BODY VOLTAGE TESTING METHOD

- SEE OUR [WHICH MODEL?](#) PAGE FOR MORE INFORMATION ON **TARGETED** OR **HOLISTIC** APPROACHES TO THIS PROCESS
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A. Identify and label the circuit breakers in the home's main electrical panel for the room in question as well as all adjacent rooms. For our master bedroom, our circuits to be evaluated included ones for: the master bedroom itself, the nearby bathroom (2 circuits), the adjacent den, adjacent hallway and closet.

B. Measure body voltage in the room being evaluated with all of the home's circuits "ON". This is your unmitigated level of exposure and represents interior and exterior sources.

C. Turn "OFF" the main electrical breaker (or all individual breakers if your home does not have a main breaker) to your home (cut all power) and record your body voltage in the selected room per the method above. Your value should be less than 100 millivolts and ideally as low as possible per Building Biology guidelines. See our [Acceptable Levels](#) page for more information.

D. Determine which circuits need to be turned off to reach your goal voltage using the **body voltage testing method**: This is trial and error and works best with 2 people -- one at the main electrical panel shutting off different combinations of circuit breakers and the other in the bedroom recording voltages on a worksheet. (Use cell phone or walkie-talkie to communicate.)

1. Start with the main "ON" and all of your individual circuits "OFF".
2. Next switch "ON" your "must haves" -- heating, cooling, refrigeration, security, sump pump... Confirm body voltage is still ideal.
3. Next switch "ON" circuits remote (far away) from your bedroom. Confirm body voltage is still ideal.
4. Sequentially test circuits nearer your sleeping area, identifying those that negatively affect body voltage.
5. Record your values on our **Body Voltage Testing Worksheet**.
6. For a **Targeted Approach**: Determine the minimal number and combination of circuits to reach a mitigated body voltage. You may need to use all or some of the circuits identified in step A. For us, with a targeted approach, we needed to limit current in 4 of the 6 evaluated circuits.
7. For a **Holistic Approach**: You will undoubtedly leave on mainly essentials and circuits remote from your sleeping areas.

E. The body voltage testing process can be very helpful when there are challenges to the mitigation: sometimes wiring layout does not match room layout and unidentified circuits may transit a room's walls on their way to a remote appliance or area. Using the body voltage testing method can help you identify circuits and mitigate appropriately in those situations.

F. Electric fields can sometimes be "tricky". It will likely be necessary to test different combinations of circuits to arrive at the desired low voltage levels. This is why our worksheet has multiple columns.

G. These identified circuits are the ones that will interface with the **EMF Kill Switch** to easily and remotely mitigate your sleeping area every night!

