

**1 FIRST:** Test the wall outlet that you are going to use as the grounding source with the supplied outlet tester. If the tester reads anything other than the correct and safe sequence, **DO NOT PROCEED WITH THE PROCESS.**



2. Plug the ground cord with the attached outlet connector into the meter's ground connection point (COM). Plug the testing cord with the attached copper handle into the meter's input connection point (the "plug" that includes the "V" symbol).



3. Plug the ground cord outlet connector into the electrical outlet (tested as safe and correctly wired as confirmed in step 1) in the room that the person is being evaluated in.



4. Turn the meter on to the "V" setting (1) that has the sine wave designation. Press the "select" button (2) once and AC AUTO should be visible on the screen (3). See the back of your meter for instructions to other possible setting adjustments if required.



5. The testing person should firmly grasp the copper handle. Other people should remain at least a few feet away. The meter and a worksheet should be nearby for reading and recording voltages.



**Note :** Our meter automatically lights the indicator panel for working in low light

**Note :** the meter will report values in volts or millivolts, accordingly there is no need to change scales as the meter does this automatically.

1 Volt (V) = 1000 millivolts (mV). This picture reads 0.447 Volts or 447 mV

## ACCEPTABLE LEVELS OF EMF

In EMF remediation, it is imperative that you test the environment -- initially to identify problem areas and afterwards to determine if remediation efforts have indeed been successful. If you live in a larger city and can afford it, it is always a good idea to hire a professional EMF consultant to evaluate your home.

In our view, the best authority on acceptable levels of EMF is the International Institute for Building Biology: <http://hbelc.org/pdf/standards/sbm2008.pdf>. The electric field standards, for your body voltage measurements, are taken from them and noted below:

### BUILDING BIOLOGY EVALUATION GUIDELINES FOR SLEEPING AREAS

The Building Biology Evaluation Guidelines are based on the precautionary principle. They are specifically designed for sleeping areas associated with long-term risks and a most sensitive window of opportunity for regeneration. They are based on the building biology experience and knowledge and focus on achievability. In addition, scientific studies and other recommendations are also consulted.

**No Concern: LESS THAN 10 MILLIVOLTS.** This category provides the highest degree of precaution. It reflects the unexposed natural conditions or the common and nearly inevitable background level of our modern living environment.

**Slight Concern: 10-100 MILLIVOLTS.** As a precaution and especially with regard to sensitive and ill people, remediation should be carried out whenever it is possible.

**Severe Concern: 100-1000 MILLIVOLTS.** Values in this category are not acceptable from a building biology point of view, they call for action. Remediation should be carried out soon. In addition to numerous case histories, scientific studies indicate biological effects and health problems within this reference range.

**Extreme Concern: GREATER THAN 1000 MILLIVOLTS.** These values call for immediate and rigorous action. In this category international guidelines and recommendations for public and occupational exposures may be reached or even exceeded. If several sources of risk are identified within a single subcategory or for different subcategories, one should be more critical in the final assessment.

Prior to mitigation, we frequently see body voltage values in sleeping areas ranging from **1500 mV to 4000 mV**. At work during the day and/or in a clinical situation the readings can often be higher due to electrical equipment, florescent lighting etc. In most commercial locations the wiring in the walls is shielded and not a problem.

Most experienced Building Biologists report that most people do well with body voltage measurements **less than 100mV AT NIGHT** and they consider this the general recommendation for health preventive measures. For people dealing with health conditions and/or EMF sensitivity, then they typically recommend that the value be **less than 50mV**. With the holistic approach to mitigation, we have been able to achieve **less than 30mV** in our home and in the homes of many people who use our EMF Sleep Switch unit and this approach to mitigation.

**EMFSleepSafe**

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