

I HAVE.....

1. NO CELL TOWER WITHIN 500M

2. NO POWER LINES NEARBY

3. WIFI OFF WHEN NOT IN USE

4. ETHERNET INSTEAD OF WIFI

5. EMF-SHIELD PAINTED WALLS

6. A GROUNDING BED SHEET

7. PHONE ON AIRPLANE MODE AT NIGHT

8. WIRED HEADPHONES, NOT WIRELESS

9. MY PHONE CALLS ON SPEAKERS MODE

10. AN EMF-SHIELDING BLANKET

Every checkmark translates to 10%. The closer to 100%, the more efficient you are at shielding harmful electromagnetic fields.