

I HAVE.....

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1. NO CELL TOWER NEARBY
 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.