



Creating a Sleeping Sanctuary

5 Easy Steps to Create a Sleeping Sanctuary

- 1 Use battery clocks near bed.**

Research has shown exposure to high magnetic fields while sleeping can cause severe long-term illness. Many electric clocks produce high magnetic fields.
- 2 Turn off bedroom-affecting circuits**

A restful sleep is necessary for health and a strong immune system. Electric fields affect you bio-communications, keeping you from sleeping soundly.
- 3 Eliminate or shield from RF.**

Radio frequency (RF) signals from portable phones, cell phones, and wireless devices have been shown to interfere with the body's immune system.
- 4 Use beds without metal.**

Metal frames and metal box springs can amplify and distort the earth's natural magnetic field, which can lead to a non-restful sleep. Use natural materials.
- 5 Make sure there are no elevated magnetic fields.**

Magnetic fields from appliances and building wiring can penetrate walls into a bedroom and disrupt the body's communication system.

For more information:

Institute for Building-Biology® & Ecology

www.buildingbiology.net

Why do we need a sleeping sanctuary?

It's about Stress – and “de-stressing”

The human body is an amazing, self-rejuvenating entity that has the ability to repair itself while it sleeps. This is accomplished with its own, internal electrical system that functions with very weak electrical impulses. Electrical impulses are generated by the brain and are used for intercellular communication. This is possible because the body is composed mainly of water with a high mineral content making it highly electrically conductive.

Cells know when to divide by vibrating. Brain cells, nerve cells, bone cells, all vibrate at different rates in order to communicate with one another. Unfortunately, our bodies act like tuning forks. When you vibrate a tuning fork (external electrical influence), any tuning fork (like our body) in its vicinity will start vibrating at the same frequency or rate, and therefore will be confused as to how fast to grow.¹

In the typical sleeping area, electrical exposure from external sources (live electrical wiring in ceilings, walls and floors) is thousands of times stronger than the body's own electrical system. Long-term exposure to these high level electric fields can impair the body's ability to communicate within itself and impact health. The average person spends approximately 1/3 of their life sleeping. Doesn't it make sense to reduce exposure to electric fields in our sleeping areas?

Some people develop symptoms when they experience long-term exposure, especially at night, to elevated levels of electricity, such as: headaches, hyperactivity, nightmares, depression, fatigue, eyestrain, and muscle cramps.

Biological problems associated with electromagnetic stressors fall into two major categories²:

1. Brain (behavioral abnormalities, learning disabilities, altered bio-cycles and stress responses)
2. Growing tissue (embryos, genetics and cancer)

Research has shown that for a body to properly detoxify during sleep it must be alkaline, and high electromagnetic fields lead to acidity. This is especially true for heavy metal detoxification.³

¹ Oschman, James. *Energy Medicine*. London: Churchill Livingstone, 2000.

² Becker, Robert O. *Cross Currents*. New York: Penguin Group (USA) Inc., 1990.

³ <http://www.klinghardt.org/docs/Heavy%20Metal%20Detox%20Clinical%20Pearls.pdf> [cited Feb 2007]