

# Tips for Healthy Bedrooms



## Ten tips for a healthy bedroom

People usually spend a third of their life in their bedroom, and when they are sleeping their bodies are regenerating from harm encountered during the day. Thus your bedroom needs to be a particularly healthy space for your body to rest and recover properly. The following tips will help give you a better night's sleep.

- 1. Create an electricity free bedspace:** Remove as many electrical devices from the bedroom as possible or keep them at least an arm's length away from you. Have a think about how many of them you *really* need when you are in bed. Make sure there are no wires running under your bed or appliances on the other side of the wall or fuse or meter boards within 2m. Avoid baby monitors and cordless phones and turn off any wifi within 5m at night. Demand switches can cut power to the bedrooms when no appliances are in use, reducing the electric field in the wiring.
- 2. Avoid metal in or near the bed:** Inner-sprung mattresses can distort your body's magnetic field. Use a futon or natural latex mattress. Metal frames can carry a magnetic field from nearby appliances and wiring. Use a wooden frame. Do not store metal objects under your bed.
- 3. Keep dust levels down:** Have timber floorboards, and minimise clutter and ledges that collect dust.
- 4. Ventilate wardrobes:** well ventilated closets prevent moulds forming.
- 5. Avoid electric blankets:** Being so close to your body the electromagnetic fields levels from electric blankets is high. Use warmer sheets, hot water bottles, or have a bath before bed. If you absolutely must have a blanket, turn it off and unplug it before going to bed.
- 6. Avoid waterbeds:** These are like sleeping under a high-tension line. The water spreads the electromagnetic field that derives from the heating element.
- 7. Use photo-electric smoke detectors:** The damaging effects of radioactive ionising type smoke detectors can extend up to 50 feet.
- 8. Use natural materials:** Synthetic substances can generate static charges and out-gas toxins. This includes sheets, pillows, bedding, wallpaper, carpet, soft toys, lamps, furniture etc.
- 9. Open a window at night:** Even just a little helps to bring in fresh air and negative ions. Also, slightly cooler bedrooms are healthier.
- 10. Do not sleep directly above a garage:** Because of the metal in the car there may be distorted geomagnetic fields, and fumes may enter the bedroom from below.