

Electro-Free Sleep

By Mary Cordaro and Katherine Metz

Every day we are surrounded by electromagnetic fields (EMF) from sources often beyond our control. Low-frequency magnetic and electric fields, high frequency radiation from radio waves and microwaves, and artificially induced magnetism bombard our living and working environments. It is possible to make dramatic improvement in this sea of electric and magnetic fields.

We are most vulnerable when we sleep. Our bodies let down, regroup, shed metabolic wastes, and regenerate. Healthful sleeping rooms provide an environment that enables important bodily processes—including the natural electrical system, internal organs, and unconscious mind—to work smoothly and without interference. It provides the springboard for a strong body to cope effectively with a less-than-ideal daytime environment. If we never give the body a break at night, we diminish our ability to function well during the day.

Outside the house, high-voltage transmission lines, low-voltage overhead lines, and underground cables and transformers generate alternating current (AC) magnetic fields. Inside the home, current in the wiring and current-consuming appliances and devices generate AC magnetic fields. Wiring, plumbing, and other metallic pathways may carry electrical current and radiate magnetic fields. Although the force of magnetic fields does drop off with distance, it may be difficult to block or shield them.

You can easily scan a bedroom for outdoor magnetic-field problems with an inexpensive gauss meter. First turn off the house circuits. If the meter registers a magnetic field above 1 milligauss in the bedroom, ask the power company to check outside lines and fix any faulty transformers, grounding problems, or “imbalances.”

To scan for indoor sources of magnetic fields affecting the bedroom, turn on every device in the house. If the magnetic field in the bedroom is more than one milligauss, first unplug everything in the bedroom, then try unplugging and turning off wall switches throughout the rest of the house. If the field remains, ask a certified Bau-Biologist to test and isolate the magnetic fields (the German term bau-biologie means “building biology,” or the relationship between buildings and human health). An EMF-specialized electrician can then determine the sources of the fields, such as the house grounding system, the main service, older-house wiring conditions, shared neutrals, or the current on ground or water pipes.

Every day, bau-biologists—working on their own, with clients, or with physicians and their patients—see dramatic healing when electromagnetic fields in the bedroom are diminished.

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Scented, Sensual Sleep

Used in the bedroom, natural aromatics can coax our minds to a state of contemplation and reflection. They comfort us and allow our minds to drift off to sleep. They can also arouse us, inspire us, and help us heal.

Make a dish of potpourri with the dried plant material of your chosen scent, then add a few drops of the essential oil to the bowl. Light a beeswax candle scented with pure essential oils or a candle-based diffuser, which heats a small bowl of scented water. Place a cotton ball with a few drops of essential oil close to the bed or between your pillow and its case. Spray the bedroom or linens with a spritzer made from ten drops of essential oil per ounce of distilled water.

- ⌘ RELAXING SCENTS such as lavender, chamomile, lemon balm, and linden blossom are popular in the bedroom.
- ⌘ FLORAL SCENTS such as rose and jasmine lighten the heart and bring out our sensuality.
- ⌘ WARMING SCENTS such as sandalwood, frankincense, and vetiver add a sense of enchantment and combat nervousness and insomnia.
- ⌘ AIR PURIFIERS with antibacterial and antiviral properties such as eucalyptus and bergamot help battle winter colds and flu.

—Nancy Nottingham