

## **EMF LuLu – Newsletter 12/11/2025**

Welcome to this week’s EMF LuLu Newsletter — a quick, science-backed look at simple ways to reduce everyday EMF exposure without giving up the technology you rely on. This edition focuses on three areas of modern life where small, smart adjustments can make a real difference.

### **[EMF Blankets: Are They Worth It for Everyday Use?](#)**

We break down what these blankets actually do, how the shielding works, and whether they offer real benefits for daily life — not just marketing claims.

### **[Should Teens Sleep With Their Phone Under the Pillow?](#)**

A practical, evidence-based guide for parents. Learn what the research says, what risks to consider, and easy changes teens will actually follow.

### **[How to Reduce EMF Exposure From TV Screens at Home](#)**

From placement to settings to simple shielding strategies, this guide shows how to lower exposure while still enjoying your favorite shows.

Whether you're a parent, a tech-heavy household, or simply curious about practical EMF reduction, these articles will help you create a safer, more mindful environment at home.

Stay informed, stay protected.

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### **Quote of the Week**

“Small deeds done are better than great deeds planned.” - *Peter Marshall*

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### **Articles of the Week**

#### **[EMF Blankets: Are They Worth It for Everyday Use? A Complete Guide With Real Benefits](#)**

In a world full of smartphones, smart TVs, WiFi routers, laptops, tablets, wearables, and Bluetooth everything, it’s no surprise more people are looking for simple, non-technical ways to reduce electromagnetic field (EMF) exposure. One product growing quickly in popularity is the EMF blanket—a soft, comfortable blanket infused with EMF-shielding fabric designed to block or reduce EMF radiation from nearby devices. But even with all the interest, many people still wonder: are EMF blankets worth it for everyday use?

This guide breaks down the science, the real-life benefits, the situations where EMF blankets make the biggest impact, and whether investing in one is genuinely worth it.

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### [Should You Let Your Teen Sleep With a Phone Under Their Pillow? A Science-Based EMF Guide for Parents](#)

In today's hyper-connected world, it's increasingly common for teenagers to fall asleep with their phones right beside them—or even hidden under their pillows. Parents understandably wonder is it safe for teens to sleep with a phone under their pillow, especially with growing concerns about EMF exposure, sleep disruption, and mental health. Some teens insist they “need” the phone for alarms, social connection, or a sense of security. Others simply do it out of habit. Regardless of the reason, many parents feel torn between respecting their teen's autonomy and ensuring their long-term health and safety.

This article offers a comprehensive, science-based look at the risks, myths, and misconceptions, along with actionable, realistic strategies for families.

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### [How to Reduce EMF Exposure From TV Screens at Home](#)

Most people think of EMF exposure coming from WiFi routers, cell phones, or laptops—but few realize just how much time is spent only inches or a few feet from the largest screen in the house: the television. Modern TVs are no longer simple “display boxes.” They are wireless hubs filled with Bluetooth chips, WiFi antennas, screen-mirroring features, microphones, and power-dense circuitry. If you want to understand how to reduce EMF exposure from TV screens at home, the good news is that small adjustments can drastically lower exposure without giving up the shows and movies you love.

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Until next time, guard your health, enjoy your life.

J. Currano