

## EMF LuLu – Newsletter 02/12/2026

Welcome to this week's EMF LuLu Newsletter. This edition focuses on a place where EMF exposure often goes unnoticed - our sleep environment and the devices we use every day without thinking twice.

From the headphones we wear for hours, to the beds we sleep in, to the technology designed to “optimize” our rest, modern convenience has quietly introduced new questions about long-term EMF exposure. This week's articles cut through assumptions, marketing claims, and online noise to focus on what actually matters: measurable exposure, real science, and practical decisions you can make without fear or extremes.

Inside this issue, we explore what current research shows, what products truly reduce exposure, and where concerns may be overstated - so you can sleep better, literally and figuratively.

Here's what you'll find inside:

- [Do Wired Headphones Emit EMF Radiation?](#) A clear look at what the science really shows - and when wired options actually make a difference.
- [EMF Bed Canopies for Sleep](#) - Do they really work, and which designs actually block radiation versus just look protective?
- [Are Smart Beds EMF Safe?](#) A breakdown of EMF exposure from “smart sleep” devices, sensors, and connected mattresses.

Stay balanced, stay protected.

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### Quote of the Week

“Every action you take is a vote for the type of person you wish to become.” – *James Clear*

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### EMF LuLu Calculators: Simple Tools, Smarter Decisions

Understanding everyday EMF exposure doesn't require guesswork. The EMF LuLu calculators are designed to help you quickly assess common situations - like using a laptop on your lap, sitting near a WiFi router, holding your phone close to your body, or sleeping around connected devices - so you can see where small changes may reduce unnecessary exposure.

Each calculator keeps things simple by focusing on how close, how long, and where devices are used. The goal isn't to overthink technology, but to help you make practical adjustments that fit real life.

Try the calculators [here](#).

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## Articles of the Week

### [Do Wired Headphones Emit EMF Radiation? What the Science Really Shows](#)

As awareness of electromagnetic fields continues to grow, more people are paying closer attention to the devices they use every day — especially those that sit directly against the head for hours at a time. Headphones fall squarely into that category. With Bluetooth earbuds becoming nearly universal, many health-conscious users are now returning to wired models and asking an important question: do wired headphones emit EMF radiation?

[Read More](#)

### [EMF Bed Canopy for Sleep: Do They Really Work and Which Ones Actually Block Radiation?](#)

Bedrooms used to be the safest room in the house. For most of human history, sleep happened in near-complete electrical silence. Today, however, the modern bedroom is filled with invisible signals. WiFi routers operate through walls, cell towers transmit continuously outside our homes, smart meters pulse from neighboring buildings, and phones often sit charging just inches from the bed. For people who care about long-term health, recovery, and deep sleep, this new environment has raised an important question: can an emf bed canopy for sleep meaningfully reduce nighttime radiation exposure?

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### [Are Smart Beds EMF Safe? EMF from “Smart Sleep” Devices Explained](#)

In recent years, the bedroom has quietly become one of the most technologically advanced rooms in the home. Smart mattresses, adjustable beds with built-in sensors, under-mattress sleep monitors, wearable rings, and bedside tracking hubs promise deeper sleep, better recovery, and more insight into our nightly habits. Yet as these technologies become more common, a very reasonable health question has started to surface: are smart beds EMF safe, especially when these devices remain active just inches from the body for eight hours every night?

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

J. Currano