

## **EMF LuLu – Newsletter 02/19/2026**

This edition takes a closer look at where EMF exposure often hides in plain sight - our bedrooms and the devices we place closest to our bodies every night. From bed frames and nightstands to WiFi placement in smaller homes, these everyday setup choices can quietly influence overnight exposure more than most people realize.

Rather than promoting fear or extreme solutions, this week's articles focus on practical positioning, smarter layouts, and evidence-based adjustments that work within real homes and real routines. If you've ever wondered whether certain materials, furniture choices, or router locations matter - this issue gives you clear answers.

Here's what you'll find inside:

- [\*\*Are Metal Bed Frames Bad for EMF Radiation During Sleep?\*\*](#)  
A grounded look at what metal does (and doesn't) amplify in a sleep environment.
- [\*\*EMF Safe Nightstand Setup Guide\*\*](#)  
Simple ways to reduce EMF exposure from phones, chargers, lamps, and nearby devices.
- [\*\*Best Place to Put Your WiFi Router in a Small House to Reduce EMF Exposure\*\*](#)  
How placement and distance can significantly reduce unnecessary exposure without sacrificing connectivity.

Small changes. Better sleep setups. Smarter use of modern technology - the EMF LuLu way.

Stay balanced, stay protected.

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### **Quote of the Week**

“Focus on being productive instead of busy.” – Tim Ferriss

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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

### [Are Metal Bed Frames Bad for EMF Radiation During Sleep?](#)

Many people who begin researching electromagnetic fields eventually ask the same question: are metal bed frames bad for EMF radiation during sleep? It is a fair concern, especially when you consider how much time we spend in bed each night and how important uninterrupted sleep is for physical recovery and mental clarity. Bedrooms are also filled with hidden electrical sources - outlets, extension cords, routers, chargers, and wiring inside walls - so the idea that a metal structure could influence those signals naturally raises curiosity.

[Read More](#)

### [EMF Safe Nightstand Setup Guide: How to Reduce EMF Radiation on Your Nightstand](#)

For many people, the bedroom is meant to be the most restful and restorative space in the home. Yet the modern nightstand has quietly transformed into a small technology hub filled with smartphones, smartwatches, wireless earbuds, charging cables, Wi-Fi alarm clocks, and Bluetooth speakers. These conveniences are useful, but they also introduce continuous electromagnetic field (EMF) exposure close to where you sleep. Learning how to reduce EMF radiation on your nightstand does not require extreme lifestyle changes or expensive renovations. In most cases, it involves thoughtful placement of devices, small product substitutions, and a greater awareness of proximity. Because your head and body remain close to the nightstand for six to eight hours each night, even modest adjustments can meaningfully lower exposure and promote a calmer sleeping environment.

[Read More](#)

### [Best Place to Put WiFi Router in Small House for Lowest EMF](#)

Finding the best place to put wifi router in small house for lowest EMF is a practical concern for many homeowners who want both reliable internet coverage and a comfortable living environment. WiFi has become a necessity for work, entertainment, and communication, yet most people rarely think about where the router sits once it is plugged in. In a small home, placement matters more than in a large house because the distance

between rooms is shorter and the router's signal can reach nearly every area. The goal is not to eliminate WiFi, but to position it intelligently so that signal strength remains strong while unnecessary exposure is minimized. With a few thoughtful adjustments, most people can create a better balance between connectivity and personal comfort without expensive renovations or complicated technology.

[Read More](#)

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

J. Currano