

## **EMF LuLu – Newsletter 03/26/2026**

Hi All,

This week we're exploring how EMF exposure intersects with everyday household technology - from the systems built into our homes to the devices we use while sleeping and charging our phones.

As modern convenience grows, many of these technologies quietly operate in the background of daily life. Heated flooring systems, wireless charging pads, and electronics near the bed are all designed to make life easier - but they also raise reasonable questions about long-term EMF exposure inside the home.

In this issue, we take a closer look at:

- [\*\*Do Heated Floors Produce EMF Radiation? What Homeowners Should Know\*\*](#)
- [\*\*Does EMF Radiation Disrupt Deep Sleep or REM Sleep? Understanding the Potential Impact of EMF on Sleep Cycles\*\*](#)
- [\*\*Do Wireless Charging Pads Emit More EMF Than Regular Chargers?\*\*](#)

These articles break down what physics tells us about these technologies, what current research suggests about EMF exposure, and where common concerns may be overstated or misunderstood. Whether you're installing heated floors, using wireless charging on your nightstand, or simply trying to create a lower-EMF sleep environment, our goal is simple: provide clear, practical, and evidence-based guidance.

Stay balanced, stay protected.

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### **Quote of the Week**

*“The whole of science is nothing more than a refinement of everyday thinking.” – Albert Einstein*

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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 Heated Floors Produce EMF Radiation? What Homeowners Should Know](#)

Radiant floor heating has become an increasingly popular feature in modern homes. Many homeowners appreciate the comfort of stepping onto warm tile in a bathroom or enjoying evenly distributed heat throughout a living space during winter. Radiant floor systems are often praised for their efficiency, quiet operation, and ability to eliminate the cold spots that traditional forced-air systems can create. Yet as awareness of electromagnetic fields grows, some homeowners are beginning to ask a new question: do heated floors produce EMF radiation, and if so, should it be a concern for everyday living?

#### [Read More](#)

### [Does EMF Radiation Disrupt Deep Sleep or REM Sleep? Understanding the Potential Impact of EMF on Sleep Cycles](#)

Sleep is one of the most important biological processes for maintaining physical health, mental clarity, and emotional balance. During sleep, the body repairs tissues, consolidates memories, regulates hormones, and resets neurological systems. When sleep cycles function normally, people move through a structured pattern of stages that include light sleep, deep sleep, and REM sleep. Each stage plays a unique role in recovery and cognitive function.

#### [Read More](#)

### [Do Wireless Charging Pads Emit More EMF Than Regular Chargers?](#)

Wireless charging has quickly become one of the most convenient features in modern smartphones. Instead of plugging a cable into the device, users can simply place their phone on a charging pad and let the technology power the battery automatically. This feature is now common not only in smartphones but also in wireless earbuds, smartwatches, and even some furniture and vehicles that include built-in charging surfaces. As this technology becomes more widespread, many people who are aware of electromagnetic fields begin asking an important question: do wireless charging pads emit more EMF than regular chargers?

[Read More](#)

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

J. Currano