

EMF LuLu – Newsletter 04/09/2026

Hi All,

This week we're taking a closer look at EMF exposure inside the home - focusing on the everyday devices, habits, and simple oversights that can quietly shape your environment.

From the alarm clocks beside our beds to the way we use and position common electronics, many of these factors are easy to overlook. As modern living becomes more connected and convenient, understanding how these small details add up can help you make smarter, more informed choices without overcomplicating your routine.

In this issue, we take a closer look at:

- [Do Alarm Clocks Emit EMF Radiation \(And Should You Care?\)](#)
- [How to Test EMF Levels at Home Without a Meter \(Simple DIY Methods That Actually Work\)](#)
- [5 Mistakes That Increase EMF Exposure in Your Home \(And How to Fix Them\)](#)

Stay balanced, stay protected.

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Quote of the Week

“In theory, there is no difference between theory and practice. In practice, there is.” – *Yogi Berra*

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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 Alarm Clocks Emit EMF Radiation \(And Should You Care?\)](#)

Most of us have an alarm clock sitting just a few feet - or even inches - from our head every night. It's one of those everyday items we rarely think twice about. But as awareness around electromagnetic fields (EMF) grows, more people are starting to ask a simple question: do alarm clocks emit EMF radiation, and is that something we should be concerned about while we sleep?

[Read More](#)

[How to Test EMF Levels at Home Without a Meter \(Simple DIY Methods That Actually Work\)](#)

Many people assume that if they want to understand electromagnetic field (EMF) exposure in their home, they need to invest in expensive testing equipment. While professional meters can certainly provide detailed readings, they are not the only way to identify areas of concern. In fact, if you've been wondering *how to test EMF levels at home without a meter*, you can learn a surprising amount just by using simple observation techniques and a few practical experiments.

The reality is that most homes follow predictable patterns when it comes to EMF exposure. Devices like WiFi routers, smartphones, and electrical panels tend to create concentrated zones, and once you know what to look for, these areas become easier to identify. Understanding how to test EMF levels at home without a meter gives you the ability to make meaningful changes without spending hundreds of dollars on equipment.

[Read More](#)

[5 Mistakes That Increase EMF Exposure in Your Home \(And How to Fix Them\)](#)

Most people assume that if they aren't using their devices constantly, their exposure to electromagnetic fields (EMFs) must be low. The reality is a bit different. Many everyday habits - things you probably don't think twice about - can quietly increase your exposure throughout the day and night.

[Read More](#)

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

J. Currano