

EMF LuLu – Newsletter 04/23/2026

Hi All,

From devices that stay plugged in around the home, to time spent inside your car, to why symptoms can feel more noticeable at night, understanding these patterns can help you make simple, practical adjustments without overcomplicating things.

The goal isn't to eliminate technology, but to better understand how and when exposure builds - so you can reduce it in ways that are realistic and easy to maintain.

Inside this issue, we break down:

- [Do Unused Chargers Emit EMF Radiation When Plugged In? What You Should Know](#)
- [Where Is EMF Highest Inside a Car? A Practical Guide to Exposure Zones and Safer Driving](#)
- [Why Do EMF Symptoms Feel Worse at Night? A Practical Guide to Understanding and Reducing Exposure](#)

Stay balanced, stay protected.

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Quote of the Week

“Your body hears everything your mind says.” – *Naomi Judd*

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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 Unused Chargers Emit EMF Radiation When Plugged In? What You Should Know](#)

Walk into almost any home and you'll find chargers plugged into outlets throughout the house—by the bed, behind the couch, in the kitchen, and near workspaces. Many of them sit idle for most of the day, quietly connected to power but not actively charging anything. As more people become aware of electromagnetic field (EMF) exposure, a common question starts to come up: *do unused chargers emit EMF radiation when plugged in?*

[Read More](#)

[Where Is EMF Highest Inside a Car? A Practical Guide to Exposure Zones and Safer Driving](#)

Modern vehicles have evolved into highly connected environments filled with wireless signals, electronic systems, and smart features designed to make driving easier and more enjoyable. From Bluetooth connectivity and GPS navigation to wireless charging pads and mobile hotspots, today's cars are essentially moving technology hubs.

But with all of this convenience comes an important and often overlooked question: where is EMF highest inside a car?

[Read More](#)

[Why Do EMF Symptoms Feel Worse at Night? A Practical Guide to Understanding and Reducing Exposure](#)

In recent years, more people have started paying closer attention to how electromagnetic fields (EMF) from everyday devices may be affecting their health and well-being. While research is still evolving, many individuals report experiencing symptoms such as headaches, sleep disturbances, fatigue, and a general sense of restlessness. One pattern that comes up repeatedly is that these symptoms seem to intensify after sunset. This leads many to ask an important and very specific question: why do EMF symptoms feel worse at night?

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

J. Currano