

## EMF LuLu – Newsletter 04/30/2026

Hi All,

This week's issue focuses on something many people overlook in their daily lives: where EMF exposure actually comes from inside your home - and what really makes a difference.

It's easy to assume that turning devices off solves the problem. Or that one product can eliminate exposure completely. But in reality, EMF exposure is more about patterns - where devices are placed, how often they're used, and how multiple sources stack throughout the day.

The good news is that you don't need complicated solutions. Small, practical changes can go a long way when you understand what matters most.

Inside this issue, we break down:

- [Do Smart TVs Emit EMF Radiation When Off? What You Need to Know](#)

You might be surprised by what "off" actually means. This article explains when devices are still active and what that means for your home environment.

- [Best EMF Protection for Your Bedroom: What Actually Works \(And What Doesn't\)](#)

Your bedroom is where recovery happens. Learn which changes make the biggest impact on sleep quality - and which products or habits may not be worth your time.

- [Where Is EMF Highest in Your Home? \(Room-by-Room Guide\)](#)

Not all areas of your home are equal. This guide walks through each room so you can quickly identify where exposure tends to be highest and what you can do about it.

Stay balanced, stay protected.

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### Quote of the Week

"We don't see things as they are, we see them as we are." – *Anais Nin*

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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 Smart TVs Emit EMF Radiation When Off? What You Need to Know](#)

Walk into almost any living room today and you'll find a smart TV quietly sitting at the center of it all. Even when the screen is dark, it often feels like the device is still "alive" in some way. That leads to a question many people are starting to ask: do smart TVs emit EMF radiation when off, or are they truly inactive once powered down?

[Read More](#)

### [Best EMF Protection for Your Bedroom: What Actually Works \(And What Doesn't\)](#)

Sleep is one of the most important parts of your daily routine. It's when your body repairs itself, your brain resets, and your energy is restored for the next day. But what many people don't realize is that their bedroom - meant to be a place of rest - can quietly expose them to electromagnetic fields (EMFs) throughout the night.

[Read More](#)

### [Where Is EMF Highest in Your Home? \(Room-by-Room Guide\)](#)

Take a moment to think about how many devices are active around you right now. Your phone may be within arm's reach, your WiFi router is quietly transmitting signals, and multiple electronics are likely running in the background. Modern homes are filled with technology, and with that convenience comes exposure to electromagnetic fields, often referred to as EMF. This naturally leads to an important question many people are starting to ask: *where is EMF highest in your home?*

[Read More](#)

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

J. Currano