

# Sleep Disorders and the connection to EMFs

Electro-Magnetic Fields (EMFs) are becoming an issue for health-conscious people. Scientists are finding this form of pollution in homes and offices effects all aspects of daily life.

Most individuals in the industrialized nations have grown up with EMFs pervading their lives. This familiarity with the EMFs allows one to ignore the effects of EMFs on a person unless the person is completely removed from the surrounding electrical grid (wiring in ones house) for a period of time. Studies sensitivity to EMFs has shown that the brain's electrical output increases fifty-fold during magnetic storms from solar flares (sunspots). Fields that are created in the home (TV's, lamp, electric stoves and computers) are proving to be much stronger.

German scientists have done 40 years of indoor pollution research. The German Institute of Bau-Biologie (Building Biology) has found that EMFs are the #1 indoor pollution problem. German doctors now routinely write prescriptions that authorize Environmental Inspectors to check houses for EMF levels.

Charles Bolta, an active educator of how EMFs can be reduced in the home, has been studying EMF issues for the past several years. He says, that "after all of the time I've spent studying research and test results with some very gifted engineers and scientists, the greatest piece of information that I can pass on to anyone is that when it comes to electricity, we should all be practicing "prudent avoidance."

A complete survey of EMF levels in the home takes special equipment, but there are some simple acts to start practicing prudent avoidance. The area of most importance is the bedroom. EMFs have been directly linked to melatonin depletion and sleep disorders. At night, all devices (except those used for health purposes) can be unplugged from the wall outlet. Appliances should not just be turned off, but unplugged! This included devices behind the wall by the sleeper's head. EMFs travel through walls. If there are appliances such as refrigerators or TVs on the opposite side of the wall where the sleeper's head is should be unplugged or the bed should be moved.

Another step is lessening the EMF levels in the home that switch off all circuit breakers that are not needed to keep essential units running (refrigerator, heater, or any medically-necessary devices). It may take a few minutes to figure out which breaker affects which outlets, yet this is the best way to cut off the flow of electricity.

The effects of such elementary precautions may be felt immediately, or may take several months-it depends on the person and the degree of EMF activity. Mr. Bolta speaks of his own experiences in reducing the electrical flow in his home: "I have found that my sleeping patterns are much more even: I fall asleep easier, and I wake up with a quiet mind and less stress. My wife and I have noticed that our communication has become clearer and calmer between one another. But above all, I have found that it is much easier to sit with myself, meditate and to contemplate. The reduction of electrical pollution in my home has also resulted in decreased mind-chatter, and a feeling of improved physical well-being".

Most people report that one thing they notice is that it is quieter and more peaceful once they have eliminated the electrical grid in their house. The effects will vary for each individual. There is much more that can be done. For more information, contact the Bau-Biologie Institute in Florida or Germany, or Charles Bolta (970) 493-6914 in Fort Collins, Colorado.

The founder of American Environmental Products, Charles Bolta, is an internationally acclaimed lighting expert and environmental consultant. He has worked on projects for Disneyland, General Mills, Sears, and others. He is the past founder and ex-president of what is now American Lighting, Inc. and has been working with electro-magnetics since 1973.

As president and CEO of American Environmental Products, high quality lighting was what Charles aspired to. He wanted to prove the industry that it was possible to produce a great lighting that was 1. ) Safe to use; 2.) Provided people with the very best Full Spectrum lighting available; 3.) Met German health and safety standards. He has done just that by producing the SAD-LITE, SUN-A- LUX, LIGHT-A-LUX product line so that patents were issued for them. It comes in different styles for different needs. Cathode-shielded bulbs, low electromagnetic-tested electronic ballast's and U.L. approved.

Even the white enamel coating is special in that it is reflective to 92 % of the Full Spectrum light from the bulbs. (Chrome or polished aluminum causes a halo effect, thus distributing Full Spectrum light, which is why we do not use these materials.) These light box systems are working models of the next wave of lighting schools, homes and offices...anywhere where people want to feel less environmental stress.