Creating Healthy, Intelligent Sleep Environments

Do You Experience?

Restless Nights
Irregular Sleeping Patterns
Anxiousness and Overwhelm
Heart Palpitations
Irritability
Brain Fog
Headaches

If you answered **YES** to any of these, you could be experiencing the direct affects of Electromagnetic Pollution. Take this quick Quiz to begin to see how healthy your Environment is. ***"The Science of Sleep"*** program is designed to empower women to improve the quality of their Sleep through creating a Safe, Harmonious Home by addressing EMF Pollution and Environmental Design.

Do you use a wired keypad and mouse?	YES / NO
Do you use incandescent lights in your home & work area?	YES / NO
Is your router more than 100 ft. from your bed & desk?	YES / NO
Do you keep your cell phone on "airplane" when not in use?	YES / NO
Do you rest deeply and wake feeling rested each morning?	YES / NO
Do you feel vital and in great health in general?	YES / NO
Do you feel inspired & accomplished at the end of your day?	YES / NO
Do you use an analog meter for your gas & electric?	YES / NO
Does your neighbor have an analog meter?	YES / NO
Is your computer grounded?	YES / NO
Is your computer monitor at least 3 feet from your body?	YES / NO
Do you use a corded phone at your office or in the home?	YES / NO
Do you find it easy to focus over 30 minutes?	YES / NO
Are you children attentive and doing well at school?	YES / NO
Is it easy to keep track of many components of a project?	YES / NO
Do you turn OFF WIFI and Bluetooth when not in use?	YES / NO

If you answered **NO** to most of the questions, you are being exposed to significant levels of EMFs (Electromagnetic Frequencies/Radiation) and this directly impacts health and sleep. The **GOOD NEWS** is you can eliminate the majority of the hazards immediately and support your health and Zzzzz's so you can be at the top of your game in all areas of your life.

CURIOUS? BE MY GUEST TO A . . .

Free 20 min Consulation

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A Bit More About EMFs:

EMFs are Electro Magnetic Fields that show up around electrical and wireless sources both inside and outside your home. These forms of radiation cannot be seen and can be extremely damaging to our bodies even if you might not feel their immediate effects. EMFs have been linked to DNA damage, glioblastomas headaches, heart problems, childhood leukemia, and many forms of cancer. W.H.O. stated RF (wireless radiation) to be a 2B carcinogen.
Get WIRED FOR SLEEP and rest assured you and your family are safe.

Education, Testing and Mitigation so you can REST assured.