

"Lack of sleep disrupts every physiologic function in the body," said Eve Van Cauter of the University of Chicago. "We have nothing in our biology that allows us to adapt to this behavior."

ARTIFICIAL EMF EFFECTS ON RESTORATIVE SLEEP:

Decreased melatonin released
Increased histamine released
Reduced total sleep time
Reduced slow wave sleep
Decreased tissue repair
Cytochrome function altered
Distracting symptoms: tinnitus, more



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The mechanisms whereby non-visible electromagnetic fields influence the melatonin forming ability of the pineal gland remain unknown; however, the retinas in particular have been theorized to serve as magnetoreceptors with the altered melatonin cycle being a consequence of a disturbance in the neural biological clock, i.e., the suprachiasmatic nuclei (SCN) of the hypothalamus, which generates the circadian melatonin rhythm. The disturbances in pineal melatonin production induced by either light exposure or non-visible electromagnetic field exposure at night appear to be the same but whether the underlying mechanisms are similar remains unknown. R.J.Reiter

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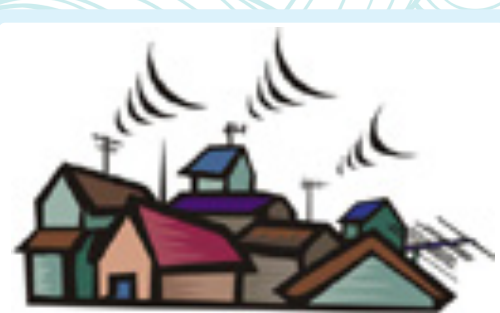
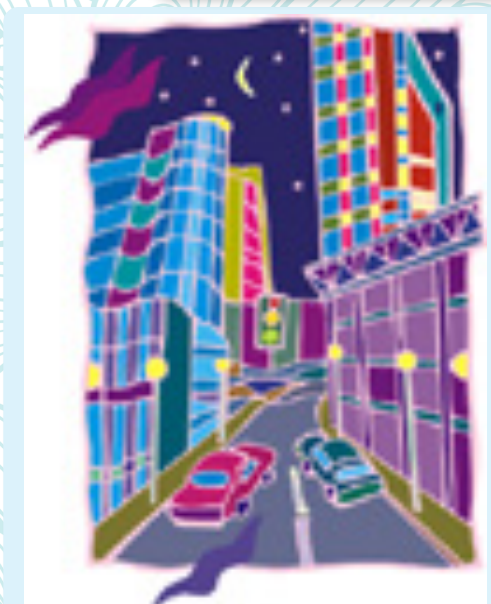
EMF AND SLEEP

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WHAT CAN WE DO?

DAYTIME BEHAVIOR

Monitor your diet

Monitor your exercise

Don't take late naps

Minimize EMF exposure

Reduce total light in evening

Block blue light in evening

NIGHTTIME BEHAVIOR

Ideally, turn circuits off to bedroom

Power down wireless devices

Sleep in a bed without metal

Turn off all light reaching bedroom

Move clocks away from bed

Move radios away from bed

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