

EMF Reduction Priority Actions Card

Ranked actions from easy to advanced for reducing household EMF exposure

PRIORITY	ACTION	IMPACT	COST	DIFFICULTY
1	Turn WiFi router off at night (use a timer)	High	\$5-10 (outlet timer)	Easy
2	Phone on airplane mode during sleep	High	Free	Easy
3	Remove electronics from children's bedrooms	High	Free	Easy
4	Replace WiFi baby monitor with wired or audio-only	High	\$20-80	Easy
5	Switch to wired ethernet for desktop/laptop	Medium-High	\$10-30 (cable + adapter)	Easy
6	Move router away from bedrooms and play areas	Medium-High	Free-\$50 (longer cable)	Easy
7	Disable WiFi on smart TVs, use ethernet	Medium	\$10-20 (ethernet cable)	Easy
8	Use corded phone instead of DECT cordless	Medium	\$15-30	Easy
9	Hardwire entire home network (all devices ethernet)	Very High	\$100-500	Moderate
10	Install smart meter guard or shield	Medium	\$30-100	Moderate
11	Use shielding paint on high-exposure walls	High	\$200-500 per wall	Advanced
12	Install whole-home ethernet with WiFi kill switch	Very High	\$500-2,000 (electrician)	Advanced

BIGGEST BANG FOR YOUR BUCK

The single most impactful change for most families: put your WiFi router on a \$7 outlet timer so it shuts off during sleep hours. Your family spends 8-10 hours in the lowest-EMF environment possible with no behavior change required.

NIGHT ROUTINE

Router off, phones airplane mode, no devices in bedrooms

DAYTIME HABIT

Phone on table (not pocket), wired when possible

CHILDREN'S RULE

No devices on body; tablet on table only, airplane mode for offline games

MEASUREMENT

Use Trifield TF2 or Safe and Sound Pro II meter to verify reductions