

Home EMF Audit Checklist

Room-by-room audit of EMF sources and reduction opportunities

Walk through each room and identify all wireless and electrical sources. The goal isn't zero EMF — it's reducing unnecessary exposure, especially in sleep areas.

Bedroom (Highest Priority)

- WiFi router located in or near bedroom — Move router as far from bedrooms as possible
- Phone charging on nightstand — Move to across the room or another room; use airplane mode
- Smart speaker / Alexa / Google Home — Remove from bedroom entirely or unplug at night
- Electric blanket or heated mattress pad — Preheat then unplug before sleeping
- Alarm clock (if digital/plugged in) — Battery-powered clock or move 3+ feet from head
- Cordless phone base station — DECT phones emit constantly; replace with corded or move

Nursery / Child's Room

- WiFi baby monitor — Switch to audio-only, or use wired camera with WiFi disabled
- Tablet or phone used as white noise machine — Use a dedicated battery-powered sound machine instead
- Electronics in the room — Remove all unnecessary electronics from sleep space
- Smart night light — Use a simple plug-in night light without WiFi
- Crib/bed near electrical panel or smart meter — Move bed at least 6 feet from panels and meters

Living Room

- Smart TV with WiFi always on — Use ethernet cable; disable WiFi in TV settings
- Gaming console in standby mode — Power off completely or use ethernet
- Multiple smart home devices — Audit which are truly needed; remove the rest
- Bluetooth speakers running constantly — Turn off when not actively in use

Kitchen

- Microwave oven — Stand 4+ feet away while running; don't let children watch at door level
- Smart appliances (fridge, oven, etc.) — Disable WiFi in settings if feature isn't used
- Induction cooktop — Emits higher magnetic fields than gas/electric; use back burners when possible

Home Office

- WiFi router – Switch to ethernet for desktop; put router on a timer
- Laptop on lap or body – Use on desk; never directly on lap (especially for children)
- Wireless keyboard/mouse – Switch to wired USB peripherals
- Multiple devices broadcasting simultaneously – Disable WiFi on devices using ethernet

Outdoors / External

- Smart meter on home exterior – Check which wall it's on – move beds away from that wall
- Cell tower within 400 meters – If visible from home, consider shielding paint or film for that wall
- Neighbor's WiFi routers – Less controllable; focus on your sleep environment

Safe Distance Recommendations

WIFI ROUTER

15+ feet from sleep/play areas

SMART METER

6+ feet from beds

CELL PHONE

Not on body; airplane mode at night

MICROWAVE

4+ feet while operating

LAPTOP / TABLET

Not on body; use on table

BABY MONITOR

3+ feet from crib; prefer wired

Rent or buy an EMF meter (Trifield TF2 or similar) to measure actual levels in your home. Measuring removes guesswork and lets you prioritize the highest-exposure areas.