

Renature  
your life



E-Smog  
protected  
by memon



Avoid electromog – **let's live better!**



Your checklist – easy  
lifestyle tips that will help  
**reduce electromog straight away.**

**memon**<sup>®</sup>  
BIONIC INSTRUMENTS



# CHECKLIST to avoid electromog

## MOBILE PHONE

- Keep mobile phone calls short and use wired headphones.
- Keep your mobile phone away from your body when making calls or sending messages.
- Go offline (aeroplane mode) when travelling (car, train, bus).
- Turn your phone off overnight or at least put it in aeroplane mode.
- Do not connect to any Wi-Fi hotspots in your area.

## AT HOME

- Do not use cordless telephones (DECT). Many are constantly emitting rays, even if they are not in use. Enable ECO mode or ECO plus mode if possible.
- Connect to the Internet via a cable instead of Wi-Fi.
- Do not work with notebooks/tablets touching you directly (e.g. on your lap) and use an external keyboard.
- Do not use a wireless mouse or keyboard.
- Turn off Wi-Fi on smartphones, tablets and laptops after use.
- Always turn off Wi-Fi overnight (it's best to install a timer or to program it so it automatically turns off).
- If possible, buy devices that don't come with Wi-Fi (e.g. printers).
- Do not use power line communication (also PLC or power line carrier).
- With most Wi-Fi routers, transmission power can be reduced. See the operating instructions or the menu under Wi-Fi settings for this.
- Babies and children should not use digital media with wireless applications because children's smaller bodies are even more at risk than adults. Avoid electronic toys.
- Remove radios and clock radios from bedrooms.
- Don't use energy-saving lights. Use good LED lights. Pay attention to the difference in LED quality (A, B, C quality).
- Upgrade device connection cables by adding switchable adapter sockets.
- Look for metal-free bed and table frames (due to the antennae effect).
- Residential buildings should be far enough away from high-voltage overhead power lines/traction power systems/mobile phone transmitters.
- Refrain from using microwaves and induction hobs.
- Avoid plastic, synthetic bedding or clothing made from synthetic fibres (because of electrostatic charging and shock).

**Protect your home and your surroundings and make informed decisions now!**



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electrosmog



Interference  
field analysis

