

# LiveEMFSafe.com

515 Antilles Lane, Medford, Oregon 97501 • 541-944-EMF0 (3630) • support@EMFSafeInc.com

## Sleep Sanctuary Set Up BVK Work Sheet

EMFSafe Sleep Sanctuary set up				
Name				
Address				
Phone/email				
Affiliate.				Code
# Circuits	# Zones.	SP / NP	PQFilter™ Y / N.	Enclosure: Surface / Flush / Outside

### Notes:

- **Avoid being double grounded** & getting a false reading, disconnect grounding pads/sheets etc. & wear shoes if standing (kitchen etc.) or sitting in a chair (home office).
- Bedroom mitigation, set the house up as it would be when sleeping, especially the lights, TV etc.
- Set up the BVK (see tri-fold). Have the person who's room it is, lay in the bed. (Body mass matters)
- If you are mitigating more than one room(s) start in the room that will be turned off first, probably the youngest child's room. Leave those circuits off when you test the next room.
- **"Quick test"**. Some people get lucky with few or no hidden circuits in the floor and walls. Turn off circuit breakers, start with plugs to the room you are working on, then the lights, then the room(s) next door, below/above etc. (Use "walkie talkies" or phones to talk to each other). If the reading is still too high (above 100mV), go through the rest of the breakers, one at a time.
- Turn off one circuit at a time, note the reading each time. If little change is seen turn that circuit back on and move to the next. If a larger reading drop is seen leave that breaker off. Keep going until your reading is below 100mV or the reading you want.
- Indicate any 240VAC circuits that need to be switched and their AMP (30, 40 etc.)

With additional rooms follow the same process but leave previous room circuits off and turn off as few of the other circuits as you can to get to below 100 mV (if possible).

Once you have measured you will know how many circuits you need to turn off for each room/area and the size EMFSafe Switch you need. Order the EMFSafeSwitch & PQFilter™ (see web site) that is right for you: [www.LiveEMFSafe.com/store](http://www.LiveEMFSafe.com/store)

Room summary sheet			
Room 1 circuits	Room 2 circuits	Room 3 circuits	Other

# EMFSafe BVK Breaker Work Sheet

(For each room write down BVK reading for each circuit breaker.)

Breaker #	Room 1	Room 2	Room 3	Breaker #	Room 1	Room 2	Room 3
Start BV#							
1				2			
3				4			
5				6			
7				8			
9				10			
11				12			
13				14			
15				16			
17				18			
19				20			
21				22			
23				24			
25				26			
27				28			
29				30			
31				32			
33				34			
35				36			
37				38			
39				40			
41				42			

Zone 1 circuits	Zone 2 circuits	Zone 3 circuits	Zone 4 circuits

Neutral & Power (NP) / Power Only (PO) wiring set up for electrician

Relay	Circuit breaker #	House area	Zone
1			
2			
3			
4			
5			
6			
7			
8			

Relays in your EMFSafeSwitch are either 2 pole or 3 pole (or a mixture)  
A 2 pole relay can be wired with 1 neutral & power (NP) circuit or 2 power only (PO) circuits  
A 3 pole circuit can be wired with 1 NP circuit (1 pole open) or 1 NP and 1 PO or up to 3 PO circuits.