



# Room-by-Room EMF Audit

Identify and address EMF sources in your home

● High Priority (address first) ● Medium Priority ● Lower Priority

## Bedroom

**Priority: HIGHEST** - You spend 6-8 hours here, and sleep is when your body repairs.

- |  |  |
|--|--|
| <input type="checkbox"/> Phone charging near bed?<br><i>(RF emissions continue during charging)</i>      | <input type="checkbox"/> WiFi router in/near bedroom?<br><i>(constant RF exposure during 8 hours of sleep)</i> |
| <input type="checkbox"/> Electrical panel on wall?<br><i>(magnetic fields penetrate walls)</i>           | <input type="checkbox"/> Smart speaker/Alexa present?  |
| <input type="checkbox"/> Electric blanket used?<br><i>(magnetic field exposure throughout the night)</i> | <input type="checkbox"/> Baby monitor (RF type)?   |
| <input type="checkbox"/> Bed near major wiring?  | <input type="checkbox"/> Clock radio/electronics nearby?   |

Notes / Action Items:

---

---



## Home Office / Workspace

- Computer uses WiFi (not ethernet)?  
*(constant RF transmission vs zero with cable)*
- Wireless keyboard/mouse?  
*(Bluetooth transmits continuously)*
- Phone on desk (not airplane)?
- Laptop used on lap?  
*(heat + RF + magnetic fields near reproductive organs)*
- Multiple monitors close to face?
- Wireless printer?

Notes / Action Items:



## Living Room

- WiFi router location?  
*(RF follows inverse-square law - distance matters)*
- Gaming console wireless?
- Cordless phone base?
- Smart TV (always on)?
- Smart speaker/assistant?  
*(always listening = always transmitting)*
- Wireless soundbar?

Notes / Action Items:



## Kitchen

- Smart fridge/appliances?
- Induction cooktop?  
*(creates strong magnetic fields while cooking)*
- Microwave (check seal)?  
*(leaking microwaves are easy to fix)*
- Smart meter on exterior wall?  
*(RF pulses can penetrate into living space)*

Notes / Action Items:

# Audit Summary

Date: \_\_\_\_\_

Total issues found: \_\_\_\_\_

Top 3 priorities:

---

---

---

## Found Issues? Get the Solutions.

The 100 Tips guide includes fixes for every audit item, plus recommended products and measurement techniques.

*Join thousands who've completed their home assessment*

See All 100 Tips → (<https://frequencyblockers.com/guide>)



© 2026 Frequency Blockers | [frequencyblockers.com](https://frequencyblockers.com)

**Disclaimer:** This information is for educational purposes only and is not intended as medical advice. Consult a qualified healthcare provider regarding health concerns. EMF science continues to evolve; recommendations are based on precautionary principles.

Last reviewed: January 2026