I was overexposed to EMR while living in an apartment for 2 years, 2021-23. There were 6 Smart Meters outside, on one bedroom wall, 6 electrical units outside, on the other bedroom wall, plus multiple WiFi sources. Our WiFi was turned on only when in use, but most of our neighbors left theirs on 24/7. My sleep quality became non-restorative at generally 5 hours a night. I developed a severe rash on both hands that was constant and would flare up on a regular basis. Fortunately, I was able to move out of the apartment at the end of my lease.

Once in a safer residence, my sleep quality improved. It took much longer for the rash to dissipate. I had friends and family put their phones on airplane mode when they were visiting. If I attended group events, I had to be prepared for a few nights disturbed sleep and a flare of the rash which could last for weeks. In the summer of 2025, I finally had my home network wired using TP-Link boxes with ethernet. WiFi is now only turned on momentarily on occasion. The last rash flare was Easter 2026, when we had a gathering and I forgot to ask guests to set devices to Airplane Mode while visiting. After that flare, my skin cleared and to date has remained clear.

I continue to monitor my exposure out of the home and ask friends and family to set to Airplane Mode when visiting. I feel my body is stronger now and I do not have to be as careful. I also feel fortunate I was able to take measures to remedy my situation. There are many who are not so lucky. I also must always be aware the outside environment is dynamic and a new EMR exposure risk could land in my neighborhood and I would be fighting for my health again.