2. I represent myself as an individual

3A. My comment covers in home wifi, smart meters (both electric and gas), cell towers, and cell phones. All of which I have had on my property, including a tower which is still here on my property.

3B. My worst experience has been with **Smart Meters**. I had one on the gas meter which was against the exterior wall of the house. That same wall was the wall of my bedroom where my bed was located. So when I laid down my head was 3 feet from the meter. My house had burned down and during the rebuild these smart meters were installed on the infrastructure that was still located there. I had no experience with them before and when we moved into the rebuilt house my sleep was instantly disturbed. I thought it was the wifi or the tower which were also installed during this time and bought devices to help with emf reduction, including a faraday cloth over my entire bed. And things worked in small increments. I had not realized the gas meter was also changed to smart and lived with that for 5 years. Just this summer I had both smart meters (elect and gas) removed and instantly my sleep was back to normal. Under the influence of the emf my sleep was agitated with lots of waking up with my heart racing and then no matter how long I layed in bed I woke up with baggy eyes not feeling rested. I would spend time on the couch in a different room and sleep much better but my back was not as comfortable there as in my bed.

Interior **wifi** has also disturbed my sleep. I removed all wifi from the house, and now have it through repeaters using Eero which lands outside the house on the porch and I can plug in repeaters inside the house when I need to. Then unplug them when finished. This has been happening for 6 years.

My **cell phone** also disturbs my sleep. So I charge it at the furthest point away from me across my room. I cannot use my cell phone on my ear because the ear and behind it heat up to an uncomfortable level. I use the phone on speaker and hold it away from my body. This has been going on since my first cell phone in 2000.

I have a **cell tower** on my property as well and it is adding to the lack of rest I experience, though now so much better without the smart meter. There is a noticeable agitation while on my property that I do not notice when I am elsewhere and it was not like that here before the tower went up on 2016. I've been living here since 2007.

3C. My sensitivity to this increased exposure to emf has produced a feeling that I am getting dementia. My ability to concentrate has diminished. My ability to hold a short term memory has diminished. And some of my cognitive abilities have diminished. All in a short amount of time that correlates to the above mentioned exposures. Lack of sleep and loss of income from less productive time have been my experiences as well.

3D. I first noticed poor sleep when the cell tower was installed in 2016. Then when we moved into our rebuilt house in 2019 the effects became much more severe. That was when my head was near the smart meter, and this was the most intense acute exposure I experienced.

3E. Yes I sought several doctors. I used an MD who wasn't very helpful, then an Ayervedic doctor which helped using herbs, but the best was an anti-inflammation diet though an MD who was also a naturopath working on mold and emf stress. These helped me feel better but did not remove the problem.

3F. Yes I first moved my phone charging station the furthest away from my bed possible and that helped me feel better. Then I used a plug in emf reducing device and that helped me feel better. Also the faraday cloth around my bed. Each of these brought small incremental improvements. But removing the smart meter was an incredible relief and it was noticeable in the first evening.

5. The website at cell phone task force needs to be considered for the data and information it reports on:

https://www.cellphonetaskforce.international/

Also, Green Med Info contains many peer reviewed science articles about this:

https://greenmedinfo.com/

And:

https://greenmedinfo.com/problematic-action/electromagnetic-field-harms?utm_source=substack&utm_medium=email

5.N. A more comprehensive study needs to be done. EMF's have been released upon the public without a full study of their effects. And especially, 5G amounts to an complete change in technology from the previous 1-4G which were not fully studied. 5G exacerbates the level of unknown about the strength and affect on the human body as well as on the natural ecosphere. This exposure also needs to be looked at as regards the satellites that are covering the planet with the same energies.

5.O. As above, 5G and satellites offer a huge gap in pace of technology compared to understanding of affects on the planet and peoples bodies.

12. https://greenmedinfo.com/problematic-action/electromagnetic-field-harms?utm_source=substack&utm_medium=email

18. a published federal evidence review of the existing literature, with a timetable