DOES THIS SOUND FAMILIAR?

You go to bed tired, but can't switch off.

Even after a full night's sleep, you wake up with a heavy head.

In the home office, your concentration fades as the day wears on.

If this resonates, a low-EMF home could be the right solution for you – especially if you:

- are building, renovating or upgrading your bedroom or home office
- want calm sleeping and living areas for the whole family
- want modern technology – but on your own terms
- care about a healthy indoor climate and take a precautionary approach to EMF
- want a measurable, documented result

> **"A low-EMF home is not about removing technology. It is about reducing an invisible environmental stressor in your home.**



ABOUT EMF CONSULT

Odd Magne Hjortland

EMF consultant and managing director

Electrical and automation engineer who has developed a modern low-EMF home concept based on measurements in hundreds of homes, schools and businesses. He combines measurement, consulting and products, and advises architects, developers and electricians both before and during construction.

REFERENCE PROJECT

Modern eco-village in Spain

EMF consultant for approximately 450 homes, a hotel, a school and a health centre – all planned according to our low-EMF principles.

Wondering if this is right for you?

Book your free 15-minute call today.

WhatsApp +47 48 08 93 94

info@emf-consult.com



EMF CONSULT · HOME CONCEPT

Low-EMF Home

Give your family a home where the body can truly rest – without giving up modern comfort.

Scan to read more about **low-EMF homes**

In Norwegian – your browser can translate it.

MEASURED · DOCUMENTED · CERTIFIED

WHAT IS A LOW-EMF HOME?

Your home is your sanctuary.

Nowhere do you spend more time – so it should offer real rest and recovery. A low-EMF home keeps electromagnetic fields low where you sleep, work and relax, in line with the building biology standard SBM-2024.



Low electric and magnetic fields

Shielded wiring, demand switches in bedrooms and sufficient distance to technical installations.



Minimal wireless

Wired network throughout, Wi-Fi only in defined zones, and shielding from external sources when needed.



Clean power

Low levels of voltage noise (dirty electricity) from your own electronics, plus filters for external noise.



The right light

Flicker-free lighting that supports your circadian rhythm.

THE BENEFITS

Why choose a low-EMF home?

- **Better conditions for sleep**
  Bedrooms free of wireless transmitters, combined with Bio-Light that supports your circadian rhythm.
- **Calmer spaces to rest and focus**
  Less electrical noise, flicker and wireless radiation where you sleep and recover.
- **A precautionary choice for children**
  Young children spend many hours in the bedroom. This is where their exposure is kept lowest.
- **Technology on your terms**
  Fibre and wired network in every room. Smart home solutions via cable – without constant wireless radiation.
- **Most cost-effective when done right from the start**
  Shielded conduits and dedicated circuits cost significantly less to install than to retrofit later.
- **Documented result**
  Measured according to SBM-2024, with your own Low-EMF Home certificate.
- **A future-proof home**
  A genuine selling point for health-conscious buyers when you eventually sell.

HOW IT WORKS

From idea to low-EMF home

1. **Free, no-obligation call**
   15 minutes, free of charge. If you wish to proceed, we continue with a paid consultation.
2. **Site and floor plan**
   Assessment of distance to power lines and masts. Placement of technical room and fuse box away from bedrooms and living areas.
3. **Electrical advice**
   Shielded solutions, dedicated circuits, grounding, wired network and the right lighting. We also advise on the placement of all technical installations.
4. **Construction with follow-up**
   We advise your electrician before and during construction, and supply the necessary products.
5. **Measurement and certificate**
   Verification measurement and Low-EMF Home certificate before you move in.

The earlier you get in touch, the more options you have – and the lower the cost.

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