EMF-related effect not excluded

ICNIRP: CNS stimulation

x10

perception

x5

? subliminar perception

? trans. cellular hyperpolotation

EHS ?
electric current perception
Sleep problem

sleep disturbances
wide spread
among the population

an increasing number
basestation-associated

EHS-group
identified

2% EHS?

6.4-fold

297 men
ELECTROSENSITIVE PROTECTED SLEEP

double-blind, crossover
control / sham / shield
sham / shield: same appearance
randomised nights:
1 adaptation
3 control
3 sham
3 shield
polysomnographic recording
continuous RF recording
daily electrosensitivity assessment
EPROS study design

continuous RF recording

nocturnal-variation

20 Uhr 33

08 Uhr 06
EHS differ from controls

higher sensitivity: worse sleep
Even unreal risks can have real consequences on individual, social, political and financial level

Summary

- **EHS:** established medical syndrome
- **EHS-EMF:** hypothesis not disproven
- **EHS & EMF:** causal link indicated, but not yet proven

- **EHS:** multifactorial problem
  - EMF interaction?
  - increased EMF sensitivity?
  - imbalanced autonomous nervous system?
  - triggered by risk perception?
  - increased somatisation tendency?
  - enhanced by cofactors?

**more research is needed!**