How to Install a Travel EMF Bed Canopy

Getting a good night's rest while you travel can be challenging, particularly if you are in a big city or a hotel with high amounts of microwave radiation. To solve this issue, I have owned a pyramid-style EMF bed canopy that I have used for travel for over a decade. It has come in handy so many times that I never leave home without it.

In this article I will give you some simple tips to make it easier to use your EMF bed canopy for travel.

Various Methods to Install Your EMF Bed Canopy

When I am looking for a hotel room, Airbnb or bungalow, I always check to see that there is something I can hang my bed canopy from. Sometimes I can check this in person or with pictures of the room I am looking rent. That way if the RF is high in the room (I also check this before renting if possible), I can easily install my bed canopy and get deep sleep.

The following short videos show how I have installed my travel canopy using a wooden beam, ceiling fan, light fixture and the ceiling tile support structure:

https://www.youtube.com/watch?v=iuaxg8Cs1L4

https://www.youtube.com/watch?v=TSTcPITyI5E

https://www.youtube.com/watch?v=yI49djr8Oaw

video from CM: https://youtu.be/vRiQY-Fh3Yk

How to Install Your Travel Canopy in a Hotel

The following images show how I use everything from ceiling fans, light fixtures and wood beams:

In the next image, I hang my Daylite canopy using a light fixture and then place an additional sheet of Naturell fabric over it. This provided excellent RF protection in the 5th story of a hotel with extreme RF exposures. I slept great here.

How to Install Your EMF Bed Canopy with a Hook

There are of course times when there is nothing to hang the canopy from. In these situations, I install my own hook directly into the sheetrock above the bed. This is best for a longer-term rental, like a week- or month-long Airbnb or sublet. When I am ready to move on, I take out the hook and put white filler/plaster into the hole so that nobody ever knows that there was a small hole in the ceiling.

Here is a picture of a recent vacation rental where I did this:

I travel with the hook and apparatus to get the hook to stay in the sheetrock. This is actually a very sturdy setup as long as you don't pull down hard on the canopy. You will want to borrow a power drill from someone to drill a hole that is the same size as the plastic female piece. Once you move to the next location, use some caulk to fill the hole in the ceiling.

Here is a permanent hook setup:

Camping with your Travel EMF Bed Canopy

When I am traveling through the US in the warmer months, I often sleep outside in a tent with my bed canopy draped over it. This allows me to visit friends and family that might otherwise have a high-EMF home. I really enjoy the fresh air at night and with the canopy and distance from the home wiring, I am often sleeping in a very low-EMF environment.

Camping has actually helped me tremendously in my healing process. The more time that electrically sensitive people can spend in nature, the better. Just a simple 3-person tent and two deluxe Therm-a-Rests and a good sleeping bag are all you need. If you make the bottom Therm-a-Rest firm and the top one soft, the comfort level, even on concrete or rock is as good as any bed.

Here is an image of my travel bed canopy over my tent at a friend's home in California:

I will also place my canopy over chairs to sleep outside when the weather permits and the air quality in a home is not ideal.

Which Travel EMF Bed Canopy Should You Purchase?

I purchased the pyramid-shaped Swiss Shield Day-Lite canopy eleven years ago because it was the primary bed canopy available at the time. It has served me well and has not deteriorated at all the past decade. However, the Swiss Shield Day-Lite material only reduces RF levels by 20 dB, or 100X. This is very little protection in today's environment. This is why I also travel with several sheets for Naturell fabric that I will drape over the Day-Lite canopy in high-RF situations.

Safe Living Technologies now makes a travel-style canopy out of Naturell material. If I was purchasing a travel canopy today, this is the one I would get. The Naturell fabric provides 40 dB RF reduction, or reduces your exposures by 10,000 times.

Here is the Naturell Travel Canopy:

https://safelivingtechnologies.com/products/travel-bed-canopy-swiss-shield-naturell.html?aff=3

You will get enough fabric for the bottom of the bed too (typically 8 feet for King size beds):

https://safelivingtechnologies.com/products/swiss-shield-naturell.html?aff=3

If you purchase from Safe Living Technologies, I can offer you a 10% discount with my distributor code: EMFA

As always with bed canopies, you want to get a sheet for below the bed. If you don't have a full enclosure, like a cocoon, the RF shielding effectiveness is greatly reduced. However, if you are on solid ground, like the concrete in the picture above, then no bottom sheet is needed.

Some of my clients get the Dream Canopy. This is a very easy canopy to travel with as it is lightweight and will take up very little room in your suitcase. However, as I will lay out in a subsequent article, I do not recommend canopy materials that have the metal on the outside of the fabric (externally conductive). There are several important reasons for this, which I lay out in the article.

Here is a picture of my Swiss Shield Day-Lite canopy and extra Naturell fabric. These easily fit in the bottom of my suitcase.