

Request for Information on Electromagnetic Fields (EMFs), Radiofrequency (RF) Radiation, and Wireless Radiation Exposure

Public Experiences and Reported Potential Adverse Health Effects

AR Brearley: Attachment 1 for Questions 3 c, d, & f - Health Effects

Symptom	Time first noticed	Meter and Severity	Notes
Tinnitus	15 hours after L+G fitted	L+G: VH Kaifa1: H AMPY: VH emlite: M Kaifa2: H	Initially slowly faded when away from home, then progressively became even slower. Some days better than others, but the bad days became worse. I could not have lasted more than 5 days in my house with the L+G meter installed. It was touch and go with the Kaifa meters, taking several breaks away from home for relief.
Ear Pressure sensation	15 hours after L+G fitted	L+G: VH Kaifa1: H Kaifa1: L‡ AMPY: L‡ emlite: M‡ Kaifa2: L‡	Pressure decreased upon leaving the house and immediately increased upon re-entering. Subsequently found the TV surround sound system, even in standby mode, to be generating the sensation. All audio equipment in the house was unplugged when not in use, with the surround sound system remaining out of use. Ear pressure since found to be a symptom of ultrasound exposure. Never a problem before 9 February.
Insomnia	15 hours after L+G fitted	L+G: VH Kaifa1: VH Kaifa1: H† AMPY: H† emlite: VH† Kaifa2: H†	Averaged around 3 hours of interrupted sleep until I found turning off the bedroom ring main helped and unplugging the audio equipment relieved the ear pressure. Initial improvement was 5 hours uninterrupted sleep on 5 or 6 nights per week. Experienced some frequent very vivid sleep disturbing dreams before fitting a Faraday Cage around the meter. I did not experience one uninterrupted 7 hour+ sleep in my own home during the 197 day period of having digital meters installed.
Chronic fatigue	2 days after L+G fitted	L+G: VH Kaifa1: VH Kaifa1: H AMPY: H emlite: VH Kaifa2: H	Symptoms started to ease within 2 to 3 hours of leaving home and cleared after 2 to 3 days when staying away from home. Note that the symptoms always improved before the insomnia improved.
Poor concentration levels, thought patterns and speech fluency	Within 1 week after L+G fitted	L+G: H Kaifa1: H Kaifa1*: M AMPY*: H emlite*: H Kaifa2*: M	Often described in lists of electro-sensitivity symptoms as “brain-fog”, “thought block” or similar. Improvements in sleep helped, but some days were better than others for no apparent reason. Fitting the Faraday Cage helped, providing I stayed away from the meter, otherwise I suffered a very strange feeling in my head for several hours afterwards with incidences of low blood pressure afterwards (see later). The old AMPY and “emlite” meters resulted in increases in severity.
Head Pressure on top of head	Approx 5 weeks after Kaifa1 fitted	Kaifa1: M AMPY: H emlite: VH Kaifa2: M	I had a feeling of something pressing down on the top right-hand side of my cranium. Eased when away from the home, but still quite persistent. After the AMPY meter was installed, the pressure increased. Three days after the “emlite” meter was installed, an awful all round feeling of pressure developed, particularly strong on the sides of my head.
Intermittent tingling sensations in digits and thighs	Approx 5 weeks after Kaifa1 fitted	Kaifa1: M AMPY: L emlite: M Kaifa2: L	Tingling did not occur when away from home.
Sore dry eyes & stuffed up sinuses	Approx 6 weeks after Kaifa1 fitted	Kaifa1: H Kaifa1*:M AMPY*: H emlite*:VH Kaifa2*: H	These were problems I suffered prior to the ordeal, but became noticeably worse. More frequent eye drops were required and a heat compress was applied twice a day. Noticeably improved after fitting the Faraday Cage and improved significantly whenever staying away from home.

Tingles around neck particularly on right-hand side	Approx 7 weeks after Kaifa1 fitted	Kaifa1: M AMPY: L emlite: L Kaifa2: H	Didn't happen away from home. Pain started developing on right-hand side of my throat where most of the tingling was happening, which became more and more concerning. (An ultrasound scan was eventually carried out after the ordeal ended and found nothing wrong.)
Low blood pressure	Approx 10 weeks after Kaifa1 fitted	Kaifa1: M AMPY: n/a emlite: n/a Kaifa2: M	Going into the meter cupboard resulted in a strange feeling in my head. That feeling coincided with incidences of feeling faint when standing up after crouching or lying down. Responsible for at least 1 collapse and 2 near collapses. Diagnosed as a problem by a GP.
Right eye ache and head aches	Approx 10 weeks after Kaifa1 fitted	Kaifa1: M Kaifa1*: L AMPY*: M emlite*: H Kaifa2*: M	Improved when staying away from home. Also improved after fitting a Faraday Cage around the meter.
Tingles/small sharp pains in and around ears and earache	Approx 12 weeks after Kaifa1 fitted	Kaifa1: M AMPY: H emlite: VH Kaifa2: H	Tingles didn't happen away from home. Earache improved away from home. Tingling intolerable with "emlite" meter 7 days after fitting, sensed an electric field around the house. Turning off the electricity at the distribution board stopped the tingling instantly.
Pressure feeling around head/brain, probable migraine	3 days after "emlite" fitted	emlite: VH Kaifa2: M	Off the shelf painkillers had no effect. Kept leaving home for respite in local short-term rental accommodation. Within a couple of hours the pressure eased. Pressure returned within 2 hours of returning home.
Short burst of pain on sides of head above ears	7 days after "emlite" fitted	emlite: VH Kaifa2: n/a	Three or four bursts felt within an hour of returning home after 3 nights away. Tinnitus intensified upon each burst. Left home until the "emlite" meter was replaced with 2nd Kaifa to avoid symptom.
Crackling of ears when leaving and returning back in the house	Immediately after Kaifa2 fitted.	Kaifa2: L	Noticed when going out into the garden and then after stepping back inside. Symptom not painful but was consistent.
Pain on right-hand side of face	2 days after Kaifa2 fitted.	Kaifa2: M	Flair up of trigeminal nerve pain. Eased away from home.

* With Faraday Cage shielding meter (from 27 April)

† When electricity turned off in the bedrooms

‡ Audio kit unplugged

(Note: Shown only for symptoms attenuated by the action taken.)

Meter Type	Date Fitted
L+G: Landis+Gyr E470	9 Feb 2022
Kaifa1: Kaifa MA 120	14 Feb 2022
AMPY: AMPY 5246C	11 Jul 2022
Emlite: emlite ECA2.z	30 Jul 2022
Kaifa2: Kaifa MA120	10 Aug 2022

Severity Key	
VH	Very High (Unbearable)
H	High
M	Medium
L	Low
n/a	Not applicable

From 25 August 2022: GEC Traditional analog electro-mechanical meter

Significant improvement in all symptoms within 7 days. All would be rated "Low" or "Not applicable". However, tinnitus and periods of insomnia have progressively worsened and would now have to be rated "Medium".

AR Brearley

19 October 2026