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Wireless technology has had a profound effect on my life. Exposure causes rapid heartbeat, heart arrhythmia, tinnitus, sleeplessness, dizziness, stomach issues, inability to concentrate and suicidal ideation. Relief from the above has been found only after strict avoidance. Due to its effect on my heart and serotonin levels, a drop in which causes suicidal ideation, I've been forced to both move from my home and quit my job. I am unable to travel, sleep away from home or go out for long periods of time.

Following is a chronology of events. It details the symptoms I experienced, how I came to realize what was causing my symptoms, and the measures I was forced to take to find relief. In May 2015, my townhome complex had smart meters installed on all units. I was not aware of this until about one year later. My unit was situated between two other units. One smart meter was situated on the opposite wall of the head of my bed, approximately two feet from my head, another was approximately six feet from the foot of my bed and a third was nine feet from my living room couch, where I sat and watched TV. In addition to this I used Wi-Fi, was exposed to neighbor's Wi-Fi, and used a cellphone and laptop computer. Mid-summer I started having trouble sleeping and experiencing tinnitus. Later, in the fall these conditions became much worse and I started having stomach issues and began seeing physicians and tests were run. The doctors were unable to find anything to explain my symptoms.

In March 2016, I began having heart palpitations and an irregular heartbeat. Trips to the emergency room, in which tests revealed I was "throwing PVCs", and follow up with a cardiologist, diagnosed a heart arrhythmia. I was prescribed a beta blocker. While researching my symptoms I became aware of EHS - Electromagnetic Hypersensitivity. I had 8 of the 10 symptoms associated with this. The cause was overexposure to the items mentioned above. This was confirmed since my heart would react within 15 minutes of being exposed to a cellphone, Wi-Fi or being near a smart meter. Even a 5.0 or 6.0 DECT phone will cause symptoms. The ringing in my ears and rapid heartbeat became immediate alarms. Eight hours or so after exposure I began to have suicidal ideation, which I later learned was a result of the EMF's effect on my serotonin levels.

Although I turned off my Wi-Fi, restricted my use of computers and cellphones, I was still unable to sleep in my home, due to its proximity to my neighbors Wi-Fi, cellphones and smart meters. My symptoms became worse and I was forced to take a leave from my job and move to a vacant home, which did not yet have a smart meter, computers, TV, a phone and was situated far from any neighbors. Visitors were instructed to leave cellphones, etc. in their cars. Within three days of arriving there, I was sleeping through the night, my tinnitus was gone and my stomach issues were beginning to improve. Since I was living in a protected environment I no longer had the episodes of a pounding heart, however the heart arrhythmia and rapid heart rate remained and so I began taking the beta blockers. After a couple of weeks of seclusion, I was

able to venture out for quick trips to the grocery store, etc. I quickly learned that prolonged exposure caused the return of symptoms. I was forced to quit my job.

I have since moved from my townhome to a home on some land. It's enabled me to distance myself from my neighbor's technology and I've also had the smart meter moved eighty feet from my house. I'm able to use a wired (ethernet) desktop computer and a corded phone. My heartrate eventually improved enough that I was able to discontinue the beta blockers. My home is a safe place again. However, I'm still unable to work in an office or spend a great deal of time exposed to EMFs, as symptoms do return.

I'm extremely concerned about what the placement of 5G antennas and other further advances will do to my health. Should 5G wireless technology become mandatory, avoidance will be impossible. Please consider these health issues before proceeding with any expansion of wireless technology in Illinois.