

Inquiry into Sleep Health Awareness in Australia

Monday 8th October 2018

I am an 81 year-old, ex-Veteran and served for 21 years (1959-80) in the Royal Australian Corps of Signals. My military expertise was working within the military communications network and within enclosed and secured “communications centre” areas equipped with sophisticated electronic, radio and electrical equipments. During my employment in those areas I suffered an illness coined “sick building syndrome” that was caused by exposure to microwave non-ionised radiation and electric-magnetic fields that is termed “electromagnetic radiation (EMR)”. I suffered inadequate sleep and sleep disorders caused by long-term and prolonged exposure to EMR.

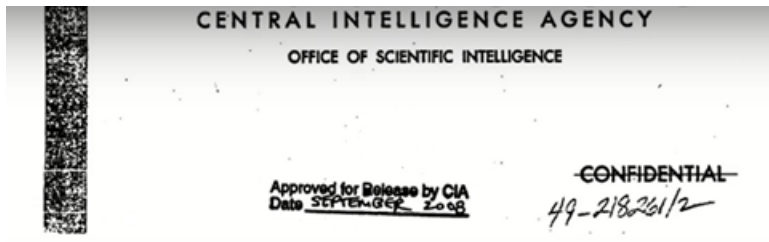
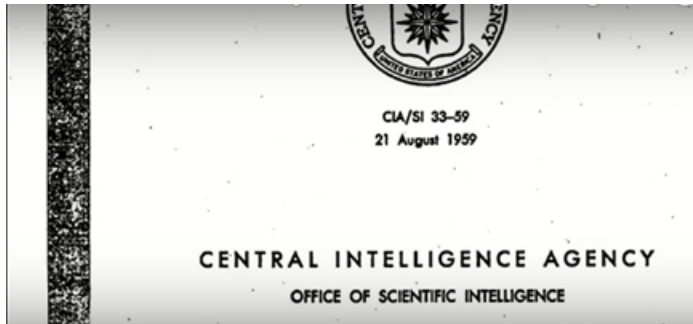
In 1976 the US Defence Intelligence Agency had noted in medical research from 1972-1983 that: “military personnel exposed to microwave radiation below thermal levels experienced more neurological, cardiovascular and haemodynamic disturbances that do their unexposed counterparts”; they went on to say: “The most common subjective complaints were headaches, fatigue, dizziness, irritability, agitation, tension, **drowsiness, sleeplessness**, depression, anxiety, forgetfulness and lack of concentration.”

Today, we see the same neurasthenic symptoms in the Australian public illnesses since the introduction of wireless technology (late 1990s) and further amplified by wireless gizmos/gimmicks that have flooded the Australian market over the last decade. The airways is ionised by the “electrosmog” that has increased 1,000-fold since the introduction of SMART devices, appliances, tools and equipment.

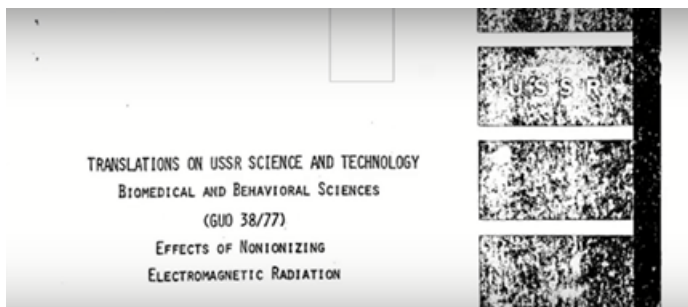
These symptoms were known as far back as 1880 (138 years ago) and assume the Australian Medical Association were also aware before the introduction of wireless technology. Prior to 1990 the public were being radiated against their will by their friendly HAM and CB operator neighbours; and the electrical fields from the increase of high-voltage power lines, power substations and transformers that pass close by their suburban homes.

Since 2000 I have suffered medium to chronic “neurasthenic symptoms”, which were diagnosed as “myalgic encephalitis (ME) (1984)”, “chronic fatigue syndrome (CFS) (1994) and “fibromyalgia syndrome (FMS)” (2004), and the symptoms of each of those disorders displayed “drowsiness and sleeplessness” that can be seen as the “inadequate sleep and sleep disorders” and was known by the Russian and US Military as far back as the 1950s and again 1970.

My sleep disorders were caused by EMR from wireless and electrical devices, appliances, tools and equipments during the 2G to 3G to 4G technology and now 5G, including the installation of the SMART modems in homes that are causing many illnesses and the now untested 5G technology that the Australian government believe is SAFE!



pace. temperature rise in a live animal.
ma- We are aware of only a few U.S. scientists
nter- who are working in the same general field as
Livshits. These U.S. scientists speculate from
their data that electromagnetic energy of
appropriate frequency and appropriately used
might cause a variety of mental effects, in
such



It can be believed that the disturbances we have noted in goal-oriented activity of animals exposed to an MEMF are associated chiefly with selective disturbance of emotional apparatus, that unique emotional component of goal-oriented activity which our research revealed in man (22). This is also indicated by previous works which showed the selective action of MEMF upon limbic structures of the brain (21). Stimulation of the limbic structures of the brain in turn blocks the reticular formation of the midbrain and reverse afferentation passing to cortical cells from the environment.

Comparing the results of our MEMF experiment with research on the action of psychopharmacological agents of different series (8), we can note almost complete similarity in the spectrum of their action upon emotional reactions and the states of animals.

These images of comments from the military research documents of 1959 and 1977 do indicate the effects on the brain from exposure wireless radiation (electromagnetic energy and MEMF). Therefore “mental effects” and “stimulation of the limbic structures of the brain” can only cause “inadequate sleep and sleep disorders”!

Yours Sincerely