

YSHIELD® ES3 | Earthing | Sheet - Double bed

Sheet for double beds from Silver-Grid for "earthing".



Sheet for double beds. The sheet is layed on the mattress, you sleep directly on it. Because of the 150 cm width fabric, there is a seam exactly in the middle.

Technical data

- **Size: 240 x 240 cm (94.5 x 94.5 inches)**
- **Delivery contents: Sheet with 2 ground connection points**
- Color: White with a silvery checked pattern
- Raw materials: 95 % cotton, 4 % polyester, 1 % silver
- Weight: 130 g/m²
- Conductivity: 15 Ohm / 100 cm

Earthing - Background

The latest US trend is the **conjunction of the body with the earth**, so called Earthing. We are a technical company and do not comment on health aspects, we suggest specialist literature by Clinton Ober, Stephen Sinatra or Martin Zucker, for information.

Earthing - Fabric Silver-Grid

We use our fabric Silver-Grid. In comparison to competitive products this fabric provides a tighter silvernet with a lower resistance, which leads to a better earthing. Silver-Grid consists of **95 % unbleached cotton and 5 % silver-thread**.

Earthing - Correct grounding

1. **You will achieve the best and "most natural contact to earth" by inserting the grounding rod GCR into the ground, in front of your house.** Alternatively use a grounding plug GPx for socket outlets.
2. Rod or plug are connected with grounding cables GL. Most suitable for grounding plug GPx are short cables e.g. **GL100, GL200 or GL500**. For exterior use with grounding rod GCR you will have to use 1-2 longer cables **GL1000** plus cable distributor **GD5**.
3. Silvered hoop and loop fasteners are sewed onto all Earthing products. For connecting cables GL with the hook and loop fastener, you will need the **Velcro plate GCV**.
4. Important: Under bad conditions electrical fields (bedside lamp, clock radio, etc.) will couple on and will worsen the situation. **We recommend a measurement analysis with a LF-meter** (e.g. ME3030B).
5. You will find all suitable components below at our product recommendations "Grounding".

