

# YSHIELD® ESC | Earthing | Sleeping cover

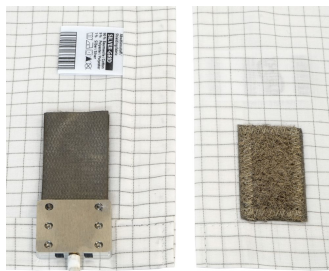
Sleeping cover from Silver-Grid for "earthing".



YSHIELD® ESC



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YSHIELD® SILVER-GRID + GV

**Sleeping cover.** Like a sleeping bag with a lateral zip fastener , but with only one layer.

## Technical data

- **Size:** +/- 90 x 260 cm (+/- 35.4 x 102,4 inches)
- **Delivery contents:** Sleeping cover with 2 ground connection points (hook piece)
- **Color:** White with a silvery checked pattern
- **Raw materials:** 95 % cotton, 4 % polyester, 1 % silver
- **Weight:** 130 g/m<sup>2</sup>
- **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:".