

# YSHIELD® ES2 | Earthing | Sheet - Single bed

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



YSHIELD® ES2

**Sheet for single beds.** The sheet is layed on the mattress, you sleep directly on it.

## Technical data

- **Size: 140 x 240 cm (55.1 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/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:".



YSHIELD® SILVER-GRID + GV

YSHIELD GmbH & Co. KG  
Rotthofer Straße 1  
94099 Ruhstorf, Germany  
Further information:  
[www.yshield.com](http://www.yshield.com),  
[info@yshield.com](mailto:info@yshield.com)