

New Age standards

With Custodian Guardian New Age come C.G.N.A. standards. There are 4. They are a community service!

Climate Protection standard 1 C.P.s. 1

To survive the human body needs climate protection! Climate Threats: Sun (radiation), Temperature (hot, cold), Wet (chill, hypothermia), Wind (burn, chill, dust). Climate protection consists of Head protection, Protective clothing, Protective footwear. Threat to human body bare skin (nudity) exposed to elements.

Measures standard 1 M.s. 1

Custodian Guardian use New Age standards (NAs) to measure. An updated metric version. A U.C.G. community service.

Length Base unit: meter (m) ~ **Area Base** unit: square-meter (m²) ~ 3 D meter (m³) ~ **Volume Base** unit: liter (l) ~ **Weight Base** unit: gram (g)

Packaging standard 1 P.s. 1

P.s. 1 (Packaging standard) covers consumer needs: honest easily to compare product quantities' and packaging. Packaging is recyclable and biodegradable. P.s. 1 a U.C.G. community service.

Sleep standard 1 S.s. 1

Sleep is needed for survival of a human body. 7 hours should do. Lack of sleep leads to death but only after a very painful transit through depression and outbursts of insanity.

AS it is Written It Shall Be



New Age standard

Climate Protection standard 1 C.P.s. 1

To survive the human body needs climate protection!

Climate Threats: Sun (radiation), Temperature (hot, cold), Wet (chill, hypothermia), Wind (burn, chill, dust). Climate protection consists of Head-protection, Protective-clothing, Protective footwear. Threat to human body bare skin (nudity) exposed to elements.

Eye protection is divided into 2 sections: Practical: single lens (visor). Fashion: 2 lenses (spectacles).

1. Rim: needs to keep out airborne particles on all sides (bottom, sides, top). Must be break resistant (does not break when sat on). Can be any color may be ornamental.
2. Lens (s): unbreakable, highly scratch resistant, block UV rays, not fogging up, glare adjusting (changes darker, lighter, lighter, darker).

Eye protection is always worn when outside!

V Helmet head protection against knocks. Hair and Head need Climate-protection from cold, wet, extreme radiation and pollution. The head also needs protection from knocks: a V Helmet with in build GPS tracker, phone, video-recorder..

The outside shell is metal or synthetic. It has a midline ridge (may be decorated, plumage). A leather chin strap holds a microphone. The visor is curved sideways, straight up, down, unbreakable, highly scratch resistant, blocks UV rays, not fogging up, glare adjusting (darker, lighter, lighter, darker). The helmet has a leather back as neck protector.

V Helmet has inside leather padding. Embedded in the padding are ear pieces. A **Balaclava (Beanie)** or **K Scarf** can be worn under a helmet. To keep inner lining of helmet clean from perspiration, dandruff, grease. Outside accessory: bright light, infrared light lamp; a camcorder.

Balaclava (Beanie) cover the whole head exposing only eyes. Is knitted out of wool or a mix of cotton and wool (no synthetic fiber). Can be any color or pattern may have a decorative pom pom on top. When no face and neck protection is needed Balaclava can be rolled up and become a 'Beanie'.



K-Scarf may cover the whole head exposing only the eyes (maximum protection). It acts as a head cover and a veil. Is knitted out of wool or a mix of cotton and wool (no



synthetic fiber). Can be any color or pattern.

Balaclava or **K-Scarf** both protect by covering the nose and mouth. Inhaling pollution, deadly contagious diseases and stinging insects are avoided. Reduces the effect of dry and cold air. Allergies and Asthma are reduced. Contains spreading contagious disease.

Head protection is always worn when outside!

Protective clothing is needed to protect the body from climate, disease, pollution. Protective clothing needs to be comfortable, useful, affordable. Protective clothing consists of head cover, clothing, socks, foot protection. Protective clothing is always worn outside.

Skin needs lots of protection, from Bites (animals, human), Stings (Insects, Needles), Infections (Bacteria, Fungi, Germs, Virus), Radiation (Heat, Solar, Nuclear), Exposure (Acid, Fire, Frost, sharp-edges, wet).



Clothing is made out of natural fibers: animal hides, plant fiber, silk, cotton or wool. Artificial fibers are not used for clothing touching skin.



Protective clothing, Coverall (with hood) or 2 piece made out of Cotton, plant fiber, Wool, or a mix of cotton and wool (no synthetic fibers) any color any pattern. Either should have a t-shirt neck, puffed* arms, legs closed at wrists and ankles (draft proof). *Puffed arms and legs allow elbow and knee joints to move freely also the air inside creates climate control for skin and body. Artificial fibers are not to be used for clothing or anything touching human skin.

Feet need protection from climate and knocks. Skin, toes and ankles are at risk. Between toes is the ideal spot for Infections (bacteria, germs, fungi, virus). Toes are easily knocked. Toes are vital and need protecting. No toes, no walking. Ankles get knocked, twisted, both painful. Long-term, ankle injuries lead to debilitating illness: Arthritis.

Socks are made out of cotton, wool, or a cotton, wool mix (no synthetic fibers) any color any pattern. Socks have pure silver particles (no alloy) woven in, giving anti-bacterial, anti-microbial and anti-static properties, reducing odors. Socks cover Feet up to 7 cm above Ankles.



Boots have upper protective leather (no synthetics), inner soft leather (no synthetics), soles leather or rubber (may be recycled). Boots are to protect feet up to 7 cm above Ankles. Foot protection that does not protect (Sandal, Slippers, Thongs) feet, ankles are useless. Foot protection should always be worn outside. Walking barefoot outside is unhealthy.



Hand protection in the form of Gloves is worn! Gloves are made of Leather, Cotton, Wool, or a cotton, wool mix (no synthetic fibers) any color any pattern.



Synthetic leather is a health risk! End production!

Protective clothing is always worn when outside

Shun Shame :

Fast Fashion! Every year buying a new autumn, winter, spring, summer is environmental waster polluter! It ends!



Designer label are elitist part of wealth apartheid. Designer label are over priced. Produced by slave labor. Made for arrogant well off snubbing the struggling needy and poor. It ends!

Distressed clothing people mocking homeless. They pay to have clothing look washed out, have purposefully ripped and holes made in them. Disgusting! It ends! Hold these people accountable!



Unacceptable trashy dress code: Let trashy people know that they are trashy.

New Age standard

Measures standard 1 M.s. 1

Custodian Guardian use New Age standards (NAs) to measure. An updated metric version. A U.C.G. community service.

Length Base unit: meter (m) ~

Area Base unit: square-meter (m²) ~ 3 D meter (m³) ~

Volume Base unit: liter (l) ~

Weight Base unit: gram (g)

Measure prefixes. Use Capitalized prefixes for positive powers.

Prefix	Symbol	Power []	Value
Yotta	Y	10 [24]	1,000,000,000,000,000,000,000,000
Zetta	Z	10 [21]	1,000,000,000,000,000,000,000,000
Exa	E	10 [18]	1,000,000,000,000,000,000,000
Peta	P	10 [15]	1,000,000,000,000,000,000
Tera	T	10 [12]	1,000,000,000,000,000
Giga	G	10 [9]	1,000,000,000
Mega	M	10 [6]	1,000,000
Myria	My	10 [4]	10,000
Kilo	K	10 [3]	1,000
Hecto	H	10 [2]	100
Deca	D	10 [1]	10
base	b	10 [0]	1
deci	d	10 [-1]	0.1
centi	c	10 [-2]	0.01
milli	m	10 [-3]	0.001
micro	μ	10 [-6]	0.000,001
nano	n	10 [-9]	0.000,000,001
pico	p	10 [-12]	0.000,000,000,001
femto	f	10 [-15]	0.000,000,000,000,001
atto	a	10 [-18]	0.000,000,000,000,000,001
zepto	z	10 [-21]	0.000,000,000,000,000,000,001
yocto	y	10 [-24]	0.000,000,000,000,000,000,000,001

Length Base unit: meter (m) ~ small letter prefixes are (≤) values of base. [0] Brackets tell power value. Distance between 2 points.

Example 0..→..10 = 10

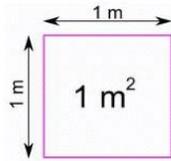
Prefix Symbol Power [] Value

1 Yotta	Ym	10 [24]	1,000,000,000,000,000,000,000,000
1 Zetta	Zm	10 [21]	1,000,000,000,000,000,000,000,000
1 Exa	Em	10 [18]	1,000,000,000,000,000,000,000
1 Peta	Pm	10 [15]	1,000,000,000,000,000,000
1 Tera	Tm	10 [12]	1,000,000,000,000,000
1 Giga	Gm	10 [9]	1,000,000,000
1 Mega	Mm	10 [6]	1,000,000
1 Myria	Mym	10 [4]	10,000
1 Kilo	Km	10 [3]	1,000
1 Hecto	Hm	10 [2]	100
1 Deca	Dm	10 [1]	10
1 meter	m	10 [0]	1
1 deci	dm	10 [-1]	0.1
1 centi	cm	10 [-2]	0.01
1 milli	mm	10 [-3]	0.001
1 micro	µm	10 [-6]	0.000,001
1 nano	nm	10 [-9]	0.000,000,001
1 pico	pm	10 [-12]	0.000,000,000,001
1 femto	fm	10 [-15]	0.000,000,000,000,001
1 atto	am	10 [-18]	0.000,000,000,000,000,001
1 zepto	zm	10 [-21]	0.000,000,000,000,000,000,001
1 yocto	ym	10 [-24]	0.000,000,000,000,000,000,000,001

Square meter unit: meter (m²) ~ small letter prefixes are (≤) values of base. [0] Brackets tell power value. Width, breadth of an area multiplied
 Example 10 • 10 = 100 m²

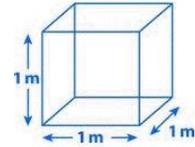
Prefix	Symbol	Power []	Value
1 Yotta	Ym ²	10 [24]	1,000,000,000,000,000,000,000,000
1 Zetta	Zm ²	10 [21]	1,000,000,000,000,000,000,000,000
1 Exa	Em ²	10 [18]	1,000,000,000,000,000,000,000
1 Peta	Pm ²	10 [15]	1,000,000,000,000,000,000
1 Tera	Tm ²	10 [12]	1,000,000,000,000,000
1 Giga	Gm ²	10 [9]	1,000,000,000
1 Mega	Mm ²	10 [6]	1,000,000
1 Myria	Mym ²	10 [4]	10,000
1 Kilo	Km ²	10 [3]	1,000
1 Hecto	Hm ²	10 [2]	100
1 Deca	Dm ²	10 [1]	10
1 meter	m ²	10 [0]	1

1 deci	dm ²	10 [-1]	0.1
1 centi	cm ²	10 [-2]	0.01
1 milli	mm ²	10 [-3]	0.001
1 micro	µm ²	10 [-6]	0.000,001
1 nano	nm ²	10 [-9]	0.000,000,001
1 pico	pm ²	10 [-12]	0.000,000,000,001
1 femto	fm ²	10 [-15]	0.000,000,000,000,001
1 atto	am ²	10 [-18]	0.000,000,000,000,000,001
1 zepto	zm ²	10 [-21]	0.000,000,000,000,000,000,001
1 yocto	ym ²	10 [-24]	0.000,000,000,000,000,000,000,001



Square
meter
(m²)

Cubic
meter
(m³)



Cubic meter unit: meter (m³) ~ small letter prefixes are (≤) values of base. [0] Brackets tell power value. Width, breadth, depth of an area multiplied. Example 10 • 10 • 10 = 1000 m³

Prefix	Symbol	Power []	Value
1 Yotta	Ym ³	10 [24]	1,000,000,000,000,000,000,000,000
1 Zetta	Zm ³	10 [21]	1,000,000,000,000,000,000,000
1 Exa	Em ³	10 [18]	1,000,000,000,000,000,000
1 Peta	Pm ³	10 [15]	1,000,000,000,000,000
1 Tera	Tm ³	10 [12]	1,000,000,000,000
1 Giga	Gm ³	10 [9]	1,000,000,000
1 Mega	Mm ³	10 [6]	1,000,000
1 Myria	Mym ³	10 [4]	10,000
1 Kilo	Km ³	10 [3]	1,000
1 Hecto	Hm ³	10 [2]	100
1 Deca	Dm ³	10 [1]	10
1 meter	m ³	10 [0]	1
1 deci	dm ³	10 [-1]	0.1
1 centi	cm ³	10 [-2]	0.01
1 milli	mm ³	10 [-3]	0.001
1 micro	µm ³	10 [-6]	0.000,001
1 nano	nm ³	10 [-9]	0.000,000,001
1 pico	pm ³	10 [-12]	0.000,000,000,001
1 femto	fm ³	10 [-15]	0.000,000,000,000,001
1 atto	am ³	10 [-18]	0.000,000,000,000,000,001

1 zepto zm^3 10^{-21} 0.000,000,000,000,000,000,001
 1 yocto ym^3 10^{-24} 0.000,000,000,000,000,000,000,001

Volume Base unit: liter (l) ~ small letter prefixes are (\leq) values of base. [0] Brackets tell power value. **Volume between 2 measures.**

Example $0.1 \rightarrow 10 = 10$

Prefix	Symbol	Power []	Value
1 Yotta	Yl	10^{24}	1,000,000,000,000,000,000,000,000
1 Zetta	Zl	10^{21}	1,000,000,000,000,000,000,000,000
1 Exa	El	10^{18}	1,000,000,000,000,000,000,000
1 Peta	Pl	10^{15}	1,000,000,000,000,000,000
1 Tera	Tl	10^{12}	1,000,000,000,000,000
1 Giga	Gl	10^9	1,000,000,000
1 Mega	Ml	10^6	1,000,000
1 Myria	Myl	10^4	10,000
1 Kilo	Kl	10^3	1,000
1 Hecto	Hl	10^2	100
1 Deca	Dl	10^1	10
1 liter	l	10^0	1
1 deci	dl	10^{-1}	0.1
1 centi	cl	10^{-2}	0.01
1 milli	ml	10^{-3}	0.001
1 micro	μ l	10^{-6}	0.000,001
1 nano	nl	10^{-9}	0.000,000,001
1 pico	pl	10^{-12}	0.000,000,000,001
1 femto	fl	10^{-15}	0.000,000,000,000,001
1 atto	al	10^{-18}	0.000,000,000,000,000,001
1 zepto	zl	10^{-21}	0.000,000,000,000,000,000,001
1 yocto	yl	10^{-24}	0.000,000,000,000,000,000,000,001



Volume
(l)

Weight
(g)



Weight Base unit: gram (g) ~ small letter prefixes are (\leq) values of base. [0] Brackets tell power value. **Weight between 2 measures.**

Example $0.1 \rightarrow 10 = 10$

Prefix	Symbol	Power []	Value
1 Yotta	Yg	10^{24}	1,000,000,000,000,000,000,000,000
1 Zetta	Zg	10^{21}	1,000,000,000,000,000,000,000,000
1 Exa	Eg	10^{18}	1,000,000,000,000,000,000,000

1 Peta	Pg	10 [15]	1,000,000,000,000,000
1 Tera	Tg	10 [12]	1,000,000,000,000
1 Giga	Gg	10 [9]	1,000,000,000
1 Mega	Mg	10 [6]	1,000,000
1 Myria	Mg	10 [4]	10,000
1 Kilo	Kg	10 [3]	1,000
1 Hecto	Hg	10 [2]	100
1 Deca	Dg	10 [1]	10
1 gram	g	10 [0]	1
1 deci	dg	10 [-1]	0.1
1 centi	cg	10 [-2]	0.01
1 milli	mg	10 [-3]	0.001
1 micro	µg	10 [-6]	0.000,001
1 nano	ng	10 [-9]	0.000,000,001
1 pico	pg	10 [-12]	0.000,000,000,001
1 femto	fg	10 [-15]	0.000,000,000,000,001
1 atto	ag	10 [-18]	0.000,000,000,000,000,001
1 zepto	zg	10 [-21]	0.000,000,000,000,000,000,001
1 yocto	yg	10 [-24]	0.000,000,000,000,000,000,000,001

PS-1 (Packaging-standard) covers consumer needs: honest easily to compare product quantities', packaging. Packaging is recyclable.

Government need to standardize packaging content size: solid (**gram, Kg**), liquid (**liter**). Standard has to apply to commercial, industrial and personal packaging. Packaging must also be recyclable.

Universe Custodian Guardians Packaging Standard Table.

Solid weights (**g, Kg**) and liquid weights (**l**) can only be packed, distributed, sold in the 14 quantities shown in the table.

10 mg > 20 mg > 50 mg > 100 mg
 200 mg > 500 mg > 1 g > 10 g > 50 g
 100 g > 200 g > 500 g >
 1 Kg > 2 Kg > 5 Kg > 10 Kg > 50 Kg
 100 Kg > 500 Kg > 1000 Kg > 2000 Kg



10 ml > 20 ml > 50 ml > 100 ml
 200 ml > 500 ml >
 1 l > 10 l > 50 l > 100 l > 200 l
 500 l > 1000 l > 2000 l

New Age standard

Packaging standard 1 P.s. 1

P.s. 1 (Packaging standard) covers consumer needs: honest easily to compare product quantities' and packaging. Packaging is recyclable and biodegradable. P.s. 1 a U.C.G. community service.

Universe Custodian Guardians packaging standard table

Solid gram g
Kilogram Kg
Ton T



liquid milliliter ml
liter l
Kiloliter Kl

1 g > 2 g > 5 g > 10 g > 20 g > 50 g > 100 g > 200 g > 500 g >
1 Kg > 2 Kg > 5 Kg > 10 Kg > 20 Kg > 50 Kg > 100 Kg > 200 Kg > 500 Kg >
1 T > 2 T > 5 T > 10 T > 20 T > 50 T > 100 T > 200 T > 500 T >
1 ml > 2 ml > 5 ml > 10 ml > 20 ml > 50 ml > 100 ml > 200 ml > 500 ml >
1 l > 2 l > 5 l > 10 l > 20 l > 50 l > 100 l > 200 l > 500 l >
1 Kl > 2 Kl > 5 Kl > 10 Kl > 20 Kl > 50 Kl > 100 Kl > 200 Kl > 500 Kl >

Consumer guidance

Solid, Liquid weights show the price for 1 kg, 1 l.
To compare prices, + the actual weight and price.

The product with the **lowest kg, l** price is the **Bargain !**

Deceitful packaging (consumer fraud)

Profit orientated economies allow immoral criminal '**Deceitful Packaging** (consumer fraud)'. Consumers need protection from deceitful, dishonest, parasitic, predatory, greedy profiteering producers, manufacturers and retailers who use 'Deceitful packaging' (down sizing content) to take advantage (rip off) of consumers.

Examples of how the deceitful, dishonest, greedy system works.

A product comes in a 0.440 kg package using their brand label. The same product is also labeled as a retailers home brand, but the package content is reduced to 0.415 kg. It is done so a retailer can sell their home brand at a lower price than the manufacturer brand. This is to fool (deceitful, dishonest, greedy trick) a consumer into thinking that the home brand is a bargain because of its lower price. When in fact, a consumer gets less product there is no saving. Sometimes a consumer ends up paying more. **Consumer fraud!!! MS R3**

A manufacturer packs his product in a 0.440 kg package. Another brand uses the same size packaging but in a deceitful, dishonest, fraudulent, greedy manner only puts 0.425 kg of product in. If products are sold at the same price, the 2nd manufacturer makes a greater profit. The consumer gets less product for the same amount of money spend. The consumer has been deceived. If the 2nd manufacturer sells at a lower price, his product looks like a bargain. Because there is less product in the 2nd package it should therefore sell for less, not making it a bargain anymore. The 2nd manufacturer hopes in a deceitful, dishonest, greedy manner, that the consumer will not check the weight since his packaging looks similar to competing products. **Consumer fraud! MS R3**

Packaging comes often with less than full content (**over sized packaging**). Packaging is designed to hold 6 items but only contains 5. This deceit is meant to deceive consumers in believing they get more then they actually get! **Consumer fraud!!! MS R3**

Get less > pay more! A manufacturer adds less Salt, Sugar. Labels product 'Reduced' and charges more! Reduced is to convey to consumer there was an extra cost (**something taken out, reduced**). Therefore a higher price is needed. Not True, there is no extra cost. Manufacturer put less in, so the price should be lower. **Consumer fraud!!! MS R3 Reduce means put less in.**

Imported goods packaged to look like local product. **Consumer fraud MS R3**. Local product packaged to look foreign, imported. **Consumer fraud MS R3**.

Must do !

Government is to standardize packaging content size to Custodian Guardian New Age standard, P.s. 1. Standard's apply to commercial, industrial, personal packaging. **Note!** Imperial measures are obsolete. **All Packaging is recyclable.**

End Deceitful-Packaging

Establish U.C.G. P.s. 1 (Packaging standard)

Support P.s. 1 Packaging standard **punish deceitful packaging**

Consumer guidance !

Solid, Liquid weights show the price for 1 kg, 1 l.

To compare prices + the actual weight and price.

The product with the lowest kg, l price is the Bargain !

New Age standard

Sleep standard 1 S.s. 1

Sleep is needed for survival of a human body. 7 hours should do. Lack of sleep leads to death but only after a very painful transit through depression and outbursts of insanity.



To get restful revitalizing sleep the bed room must be as dark as possible and an absence of internal and external noise is a must. Local Government (Shire) must implement Night curfew! Note: it is normal to have 2 sleeps with a break in between. 1st sleep is about 3.5 hours with a 1.5 hour break followed by a 3.5 hour sleep.

Deficient sleep is depriving the body of its healing capacities affecting heart, immune, endocrinology, neurological, psychological and general anabolic functions. Deficient sleep may result in apnea, obesity, insulin resistance and chronic depression. Sleep deficiency may lead to death. Forced sleep deficiency is classified as Torture.

Healthy sleep entails moving during sleep, lying straight or with raised knees, on back, either side or stomach. Sleep is related with balancing the following systems: Cortisol, Melatonin, growth hormone, Insulin, Noradrenalin, Protactinium, Serotonin.. Sleep our weight are linked: 2 hormones (Lepton, Reline) work to control feelings of hunger, fullness. Lack of sleep makes you less satisfied after eating, craving for more food resulting in overeating (obesity). Sleep walking is an illness needing medical attention.

It should be dark, it should be night. To get restful revitalizing sleep the bedroom must be as dark as possible. An absence of internal and external noise is a must 'Shire' must implement 'Night curfew'. 1 hour should have passed since the last feed. Brush teeth and wash whole body before going to bed. Worship 'Sleep prayer'.

Sleep prayer

1 God is waiting to hear from you

Dear 1 God, Creator of the most beautiful Universe
Protect me when I'm most vulnerable
Protect me from unsettling Evil thoughts
Let me have restful, healing revitalizing sleep
Don't let worry disrupt my dreams, sleep
Let me only remember the sweet dreams
For the Glory of 1 God and the Good of Humankind



This prayer is used before going to Sleep !



During the 1.5 hour sleep break

People get up, go toilet.. Before lying back down, do night time exercises , drink water. Those that do not get up, pray, read, write, couples chat, mate (people are more relaxed better at conceiving), ...

Night time exercises

1st Exercise: Place the palms* of your hands against the outside of your knees. Press hands inward, knees outward, hold 2 seconds (You feel tension in arms, legs, shoulder). Relax, take a breath, 7 repeats, sip water, lie down, sleep well. *variation use fists

2nd Exercise: Make fists* place them against the inside of your knees. Press fists outward and knees inward, hold 2 seconds (you feel tension in arms, legs, stomach). Relax, take a breath, 7 repeats, sip water, lie down, sleep well. *variation use flat palms

3rd Exercise: Bend arms (90%) at chest level turn left hand upwards bending fingers, turn right hand downward bending fingers. Interlock fingers tight. Now pull hands in opposite direction, hold 2 seconds (You feel tension in fingers, arms, chest). Relax, take a breath, 7 repeats, sip water, lie down, sleep well.

4th Exercise: Bend arms (90%) at chest level turn left hand upwards, turn right hand into fist. Place fist into hand press down at the same time press open hand upwards, hold 7 seconds. Reverse sequence, hold 7 seconds (you feel tension in hands, arms, neck, chest). Relax, take a breath and sip of water lie down, sleep well. No repeats.

People with tense back add this exercise to each exercise: Place hands on knees. Tilt head back bend back then rock forward without losing contact with knees (You feel tension in arms, back, stomach). Relax, take a breath, 7 repeats, sip water, lie down, sleep well.

There are prerequisites before lying down to sleep.

Have Drinking glass (no plastic) filled with 0.2 l of filtered water (nothing added) on each bedside table. Every night before going to bed put glass on bedside table. **Note!** Drink during night every time after you visited a toilet or when having a dry throat, drink rest when getting up in the morning. Have 1 gold tone glass bowl (1 only for doubles) containing herbal concoction on window side bedside table.

Room is as dark as possible with an absence of internal, external noise. Shire (local government) must implement night curfew. The room floor, walls, ceiling, consist of cyclone, fire and high humidity resistant precast concrete panels with green pigment surface finish. Appliances producing electromagnetic waves (computer, heating, TV, radio, phones, motor powered beds, water beds) need to be kept outside the room. These waves interrupt natural sleep cycles. Central heating (steam, hot water), cooling is by natural air circulation. Room temperature 17-19°C.

Room size (inside measure in meters) 2 sizes, 4 walls: Height 2.15 m, length 3.15 m, width 2.15 m. Single (adult) Bunk (children): 2 single beds, 1 bottom (youngest) + 1 on top.

Height 2.15 m, length 3.15 m, width 3.20 m. Double (couple): 2 single beds next to each other. He sleeps door side.

Room walls 4 walls of Precast Concrete. All walls and ceiling are color green, mould, mildew inhibiting, antistatic. 1 wall with sliding exit door (h 2.05 m, w 0.9 m) horizontal 0.2 m from robe. 1 wall with facing sunrise window (all sides 0.7 m) 1 m of floor (width: horizontal center). 1 solid wall (head side) has .9 m of the floor 1 bed light only (width: horizontal center). 1 solid wall (foot-side) has floor to ceiling full width of room wardrobe (0.5 m deep, drawers, shelves, robe rod), sliding doors.

Room floor (no carpet): Floor needs to be wet mop cleanable, non slip, antistatic, mould, mildew, inhibiting, hygienic.

Room window (sliding horizontal): Horizontal sliding window is tinted double glazed. Square non wood frame inside measure: 0.7 m x 0.7 m. No curtains or drapes instead outside shutters (lockable) inside horizontal sliding insect screens.

Room door (sliding horizontal): Door is actually 2 horizontal sliding doors: **Inner**, solid, lockable inside outside opening. **Outer**, insect screen door, lockable, 1 way vision.

Room clean: 'Ceiling and wall cleaner' has antibacterial, anti germicide, antistatic mould, mildew inhibiting capabilities. 'Door and Robe-cleaner' has antistatic, antibacterial, anti dust mite, anti germicide, mildew inhibiting capabilities. 'Window cleaner' has anti streak, anti glare, condensation inhibiting capabilities.

Warning! No insecticide! Monitor 'Radon' contamination!

Base, Mattress prerequisites: Base must give firm structural mattress support and provide air flow to the mattress. A mattress needs to maintain the natural curves of the spine in any sleeping position.

Base is sturdy, noiseless. It doesn't not give of electric magnetic waves (**motor powered**). Must be horizontal level (**no tilting parts**). Base has 7 removable solid wood-slats (**dried, aged**) the width of the bed. Base is dust mite free. It fully support's weight of 150 kg (**single**) has a Warranty of 14 years. For restful re-vitalizing sleep a weary body has to lie down a mattress is best. Pressure on the supported areas of your body should be minimal. The micro climate of the mattress needs to moderate its temperature.

Base, Mattress size (measure in meters). Outside frame is 0.09 m of the floor. Enabling air circulation, cleaning under bed. Inside frame: width 1.06 m, length 2.06 m (**fit mattress width 1.05 m, length 2.05 m**). Inside frame has 7 loose wood slats: width 1.06 m, thickness 0.03 m, 0.03 m gaps between slats (**increases air circulation of mattress**), distance between floor, slats is 0.1 m. The empty space between floor and slats is for air circulation, cleaning (**not storage**) keep it empty. **Mattress size**: width 1.05 m, length 2.05 m. **Note!** There is only 1 sized single bed Base mattress. Couples have 2 single bed Base mattresses adjacent.

Mattress core fully support a body weight of 150 kg. Warranty 7 years. Hypoallergenic, supportive, distribute body weight, relieving pressure points, moderate temperature, fungi resisting, Chlorofluorocarbons free.

Mattress cover (there are 2: protector, outer) both covers are machine washable. Protector cover has a zip to enable filling to be washed, supplemented, replenished. Protector cover has pure silver (no alloy) particles woven in giving antibacterial, antimicrobial, antistatic properties, containing odors. Outer cover is a cotton fitted sheet covering Protector cover, Mattress core. Elastic strips keep it in place. **Note!** When visiting (**holidaying**) bring your own mattress covers (**both**).

Mattress clean every 7 years mattress is replaced with new 1. Replaced mattress is burned! Every 7 weeks both covers should be washed with detergent that tackle stains, odors, brighten, dissolve grease, starch, protein, and rinse away with just plain water in 60°C water. (**Warning! No dry cleaning**). Drying should be in natural flowing air, breeze (**no dryer**), shade (**no direct sunlight**).

Warnings! Never reuse or pass on pre owned mattress. Never share a mattress cover. Sharing risks the spread of infectious diseases.

Pillow, Quilt prerequisites: pillow design keeps the spine in natural alignment, eliminates pressure points and supports different sleep positions (**side, back, stomach**). Quilt design must do the same.

Pillow design has the ability to be fluffed to fit the unique sleeping posture of the user and increase facial circulation. Pillow design is hypoallergenic, free of toxins, machine washable. Pillow design support sleeper of maximum 150 kg weight.

Quilt has pure silver (no alloy) particles woven in giving antibacterial, antimicrobial, antistatic properties curb odors. Quilt design has the ability to ensure effective heat distribution and air circulation. The design is hypoallergenic, free of toxins and machine washable.

Each individual needs to sleep with their own quilt. Why?

Quilt snatching during sleep, partner takes the whole quilt leaving you uncovered. **Draft** both sleepers turn opposite ways creating a gap where cold air gives chills. **Unhealthy** any infectious diseases are passed on.

Note! When visiting (holidaying) bring your own quilt, quilt cover (both). Same applies to 'Hooded Quilt bag'.

Hooded Quilt bag custodian guardian recommend for cold nights and illnesses that need consistent warmth the 'Hooded Quilt bag'. It gives a snug heavenly sleep. A 'Hooded Quilt bag' is a sleeping bag made to the standard of above Quilt! It is soft, cuddly, skin friendly with even heat dispensation, machine washable.

Pillow, Quilt, Hooded Quilt bag size (measure in meters) Pillow-size: width 0.8 m, length 0.4 m; Quilt size: width 1.40 m, length 2.15 m Hooded Quilt bag size: width 1 m, length 2.15 m.

Pillow, Quilt, Hooded Quilt filling (No: feathers, hay, rags, straw) are hypoallergenic, maintain pillow's elasticity, machine washable.

Pillow cover (there are 2: inner, outer), Quilt, Hooded Quilt bag. Pillow inner cover has a zip to enable filling, adding, replacing, washing. Inner cover has pure silver (no alloy) particles woven in, giving antibacterial, antimicrobial, antistatic properties, curb odors. Pillow and Quilt outer cover is made of 100% cotton and has a zip. Hooded Quilt bag cover has pure silver (no alloy) particles woven in, giving antibacterial, antimicrobial, antistatic properties, curb odors. It has zipped mosquito-net pockets to be used for heat management and air circulation.

Pillow, Quilt, Hooded Quilt bag: clean (hot water, no dryer, no dry cleaning) every 7 weeks. Pillow (filling, both covers), Quilt, Hooded Quilt bag are washed with detergent that tackle stains, odors, brighten, dissolve grease, starch, protein, and rinse away with just plain water in 60°C water. (No dry cleaning). Drying outside in natural flowing air, breeze (no dryer), shade (no direct sunlight).

Bedroom furniture prerequisites:

Other Bedroom furniture consists of 2 items (**Headboard, Bedside-table**) no other furniture should clutter up room. Bedroom furniture is functional, antistatic, not release toxic fumes, must be solid timber. Have rounded edges, corners. Have no build in appliances producing electromagnetic waves (**TV, radio, phones, computer, heating, motor-powered beds water-beds**). **Note!** Use only solid timber not glued wood (chip board, plywood..).

Headboard (solid dried aged timber) is a solid timber panel that attaches to a slatted bed base. Headboard size: width 1.10 m (**single**), height 0.5 m. Must have rounded edges, corners. **Note!** Doubles use 2 singles next to each other.

Bedside table (solid dried aged timber) furniture with 2 drawers. Size: width 0.7 m, depth 0.4 m, height 0.35 m. Bedside table is placed on the window side of the base. Doubles other bedside table is on opposite side of base.

Bedside table accessories: Drinking glass and Gold tone glass bowl Drinking glass (**no plastic**) filled with 0.2 l of filtered water (**nothing added**) on each Bedside table. Every night before going to bed put glass on Bedside table. **Note!** Drink during night every time after you visited a toilet or when having a dry throat, drink rest in the morning.

1 Gold tone glass bowl (1 only for doubles) containing herbal concoction on window side Bedside table. As the concoction evaporates it gives off beneficial fumes. Herbal concoction consists of 7 herbs: Chamomile (*matricaria chamomilla*), Eucalyptus (*eucalyptus globulus*), Hops (*humulus lupulus*), Hyssop (*hysopus officinalis*), Lavender (*lavendula officinalis*), Lemon balm (*melissa officinalis*), Rose (*rosa damascena*).

Cleaning Furniture (Timber): Wipe with dry Micro fiber cloth.

Glass: Wash in Antibacterial Dish washing Detergent, then rinse in filtered water, dry with cotton towel.

Water Filter filtration is to reduce: arsenic, asbestos, chlorine, chloroform, carbonate hardness, copper, dirt, herbicides, heavy metals, lead, pesticides, rust,...

Gown prerequisites:

There are 2 types of Gown: Nightgown, Dressing gown. The Nightgown is worn in bed. The Dressing gown is worn when leaving the room.

Gowns are worn by He, She. **Warning!** Never share a Gown. Sharing

risks the spread of infectious diseases.

A Nightgown is a loosely hanging elbow sleeves, floor length night wear made of cotton (100%). May be 1 color or colorful. The Nightgown is loose to let air circulate around body. Nothing else should be worn under the Nightgown. The Nightgown is washed once a week unless extra dirty when it is exchanged for another Nightgown.

The Dressing gown has a shawl collar, waist tie fastener, 2 side pockets, long sleeves, is knee length. It is of silk satin. May be 1 color or colorful. The Dressing gown is worn over the Nightgown. The Dressing gown is washed every 4 weeks unless extra dirty when it is exchanged for another Dressing gown.

Footwear (slippers..) should be worn with a Dressing-gown. Gown clean (hot water, no dryer, no dry-cleaning) Every week the Night gown and every 4 weeks the Dressing gown are washed with detergent that tackle stains, odors, brighten, dissolve grease, starch, protein, and rinse away with just plain water in 60°C water. (No dry cleaning). Drying outside in natural flowing air, breeze (no dryer), shade (no direct sunlight).

Good morning, stretch get up, have a glass of filtered water, go toilet, do 'Daily Fit (Exercises)', worship 'Daily Prayer', wash face and hands, have breakfast, get dressed. Check your 'Planner'. Now your ready for life experiences. When going outdoors wear 'Protective clothing' and Head protection.

