

10. One contact believes that the absence of low-frequency electromagnetic radiation in space might have some physiological consequences. He said that this radiation is commonly referred to as Schumann resonance. Speaking to this subject he said:

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"Within the ionosphere-Earth surface cavity there is, I think, about an 8-Hz to 32-Hz oscillating field with a series of peaks in that field that is generated by lightning storms on Earth, but the net result of all that electromagnetic activity is that we're exposed from conception to death to this oscillating field, and there is some evidence that if you play with that field here on Earth, particularly by superimposing a 5-Hz, 4-Hz, or 3-Hz field on what is already there (and it is very difficult to isolate the individual from it unless you go underground) and you get some neurological problems. It does affect people, and it is probably related to what happens to you when you get a relatively low-frequency strobe light flashing at you. A lot of people feel very very uncomfortable neurologically when that happens. In space, of course, it's absent. Once you get above the ionosphere that field is absent, and there is some concern among physicists who have a background in neurophysiology that there might be an instantaneous effect contributing to the Space Adaptation Syndrome, but they are more concerned about what the long-term effect may be if the brain actually uses that frequency on occasion or continuously to reset it's own timing signals in it's central processor. So, I would FLAG that as an unknown."

This contact was also concerned about "intermittent sleep." He felt it could cause difficulty from the standpoint of loss of REM sleep. Intermittent sleep is different from simple insomnia. Intermittent sleep is that situation where a person wakes up and goes back to sleep several times during a sleep period. It should cause no problem over short periods, but if continued for two months or so it might. It has been noticed in sleep labs on the Earth, but the contact was of the opinion that it occurs more frequently in space flight than it does on the Earth.

Comments: I cannot comment on the role of low-frequency electromagnetic radiation in space and its physiological consequences and I am unaware of "Schumann Resonance", but I do want to underline this individual's comment as a possible route of inquiry, which NASA might investigate. I also am unable to comment on this same contact's remarks regarding "Intermittent Sleep".