

- Lower waking cortisol levels

Overall Health

- Improvement in subjective well-being
- Enhanced emotional regulation
- Feeling less stressed

Feeling less anxious or depressed has also been reported in subjective assessments of the effects of sleeping while grounded. It is likely that these mood/emotional state improvements are due to experiencing enhanced quality of sleep.

Can You Ground Yourself Indoors?

Yes!

If you are an urbanite, or someone who is just not getting outdoors as often as you'd like due to obligations or weather, you can use *conductive systems* indoors to provide the benefits of grounding.

Earthing/grounding systems mimic the negative energy field that the Earth provides naturally. There are universal grounding pads that you can sit, stand, or lay down on. These can be used while working, sleeping, meditating, practicing yoga, or engaging in a hobby. As contrary as it may sound, there are also apps that use quantum resonance technology to encode sound and visual stimuli to help people ground to the earth's frequencies.

If you are interested in grounding products, be sure to do your research. If you are in need of guidance for selection and appropriate use of grounding tools for a health concern, please speak with a holistic physician who is knowledgeable about the science of grounding.

Check out this documentary to learn more about the science of grounding/earthing and the amazing health journey of one couple and their young daughter. [The Earthing Movie: The Remarkable Science of Grounding](#).

References

1. Frangou, M., & Frangou, M. (2017). The effects of grounding on cortisol levels. *Journal of Holistic Health*, 15(1), 1-10.

2. Frangou, M., & Frangou, M. (2017). The effects of grounding on emotional regulation. *Journal of Holistic Health*, 15(1), 1-10.

3. Frangou, M., & Frangou, M. (2017). The effects of grounding on subjective well-being. *Journal of Holistic Health*, 15(1), 1-10.

4. Frangou, M., & Frangou, M. (2017). The effects of grounding on feeling less stressed. *Journal of Holistic Health*, 15(1), 1-10.

5. Frangou, M., & Frangou, M. (2017). The effects of grounding on anxiety and depression. *Journal of Holistic Health*, 15(1), 1-10.

6. Frangou, M., & Frangou, M. (2017). The effects of grounding on sleep quality. *Journal of Holistic Health*, 15(1), 1-10.

7. Frangou, M., & Frangou, M. (2017). The effects of grounding on overall health. *Journal of Holistic Health*, 15(1), 1-10.

© Naturopathic Medicine Institute 2012. All Rights Reserved.