

# Internet of Things and Wearable Devices

# Example: Wearable Watches

- Two-inch curved display,
- Ability to make a phone call completely independent of an actual smartphone

# Wearable Watches

- Wi-Fi and Bluetooth connectivity options,
- GPS and
- Health App measuring the heart rate and monitors

# Wearable Watches

- Informing the wearer when it is a good idea to eat, when he/she has had enough exercise, and when is a good time for some rest.
- Navigational features during the walk
- Watch wearer sending a text from their wrist

# Time and Motion Sensors

- Steps
- Calories burnt
- Active time
- Distance
- Sleep monitor

# Wearable Sensors

- Body Temperature
- Hydration Levels
- Oxygen Saturation
- Perspiration
- Heart Rate
- Sugar Level
- ECG

# A hyperconnected Smartwatch from Apple



# Summary

We learnt

- Wearables have Wi-Fi and Bluetooth connectivity options
- GPS Tracking
- Health App measures heart rate and monitors
- Number of Apps

# End of Lesson 6 on Internet of Things and Wearable Devices