The significance of healthy living has led to a surge in the importance of health and fitness metrics in contemporary society. Health bracelets have gained popularity as a means of monitoring and tracking health metrics in recent times. This literature review aims to analyse various studies that have explored the efficacy of health bracelets in quantifying health and fitness parameters.

Zhang et al. (2018) conducted a study to assess the precision of three health bracelets in quantifying heart rate and energy expenditure. The research revealed significant variability in the precision of health bracelets, with one particular brand exhibiting superior performance compared to the rest. The findings of this research indicate that it is advisable for consumers to exercise prudence in their choice of health bracelets and to take into account the precision of the device prior to making a purchase.

Shcherbina et al. (2017) conducted a study to evaluate the precision of heart rate measurement by seven commonly used fitness trackers. The research revealed that six of the devices exhibited a level of precision within 5% of the true heart rate, whereas one device demonstrated a deviation of up to 34 beats per minute. The present investigation underscores the significance of selecting a dependable physical activity monitoring device in order to guarantee precise health and fitness measurements.

Apart from monitoring cardiovascular activity and caloric consumption, wearable health devices are capable of monitoring sleep patterns as well. According to Baron et al.'s (2017) research, a health bracelet was able to precisely measure sleep duration and efficiency in comparison to polysomnography, which is considered the benchmark for sleep measurement. The aforementioned proposition implies that health bracelets possess the capability to serve as an effective instrument for tracking sleep patterns and detecting probable sleep disorders.

Almalki et al. (2018) conducted a study to examine the efficacy of health bracelets in enhancing physical activity. According to the research, the utilisation of a health bracelet was linked to a rise in levels of physical activity and an enhancement in health results. The aforementioned statement implies that health bracelets could potentially serve as an effective instrument in advocating for healthy lifestyle choices and motivating people to participate in physical exercise.

To conclude, it can be argued that health bracelets possess utility as a means of monitoring and tracking various health and fitness metrics. The precision of the health bracelet must be taken into account during the process of selecting one, and it is recommended that consumers opt for a dependable device to guarantee precise measurements. Furthermore, health bracelets have the potential to encourage individuals to engage in more physical activity and enhance their overall health results. Subsequent investigations ought to further examine the efficacy of health bracelets in the monitoring and promotion of health and physical fitness.

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