SMART WATCH

Smart-watches are tremendously used in day-to-day life with increase in technology. Now a days people are more conscious about their health and fitness, which has led to the increase of usage of smart-watches. Unlike normal-watches, smart-watches are designed with different features such as fitness and health tracking, quick and easy access to information, music and media control, water and dust resistant, communication through voice and text, games, and emergency calling feature.

In today's world, staying connected is the utmost important for some individuals. This made easy by connecting the smartphone to smartwatch and syncing the data. This result in receiving notifications of calls, mails, messages and responding from watch itself. Furthermore, many people are enthusiastic about their fitness progress. Smart-watches systematically and effectively provide this functionality through the use of various sensors. These activities include heart rate monitors, step counters, ECG, SpO2, stress, temperature sensing, cycle tracking, breathing levels and more. The gathered data is analysed and presented in daily, weekly, monthly graphs. Smartwatches also respond to unusual activities alerts on "Early Heart attack", "Fall and Accident", "Seizure", "Diabetics", "Irregular Heart Rhythm" etc, and saved many people and I pinned some references below. Additionally, it also sends emergency SOS alerts to family members and to emergency services. The passion for the latest technologies also leads to the usage of smart-watches. Examples, a 48-year-old-man saved from heart attack in 2018 by Apple watch, a woman experienced seizure while sleeping and detected by Fitbit watch are some real-life incidents where smart-watch saved their lives.

In conclusion, smart-watches offer enhanced functionality, seamless connectivity and comprehensive health monitoring, making them a part in our modern lives. They have become essential devices for convenience, productivity, and overall well-being. This is how smart-watch is helpful when compared to normal-watch.

RFERENCES:

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