Internet of Things: Transforming the Way We Live and Work

Ryan Mukherjee

The Internet of Things is a rapidly emerging tool transforming the way humans live their lives. From transforming health care to connecting people across the globe, the internet of things has developed several important sectors. Other areas that are now being significantly impacted by the IoT include agriculture, city development and improving air and water quality.

IoT has had one of its biggest impacts on the development of cities in the growing world. More than half the world now lives in cities, so the impact that IoT has had is highly significant, affecting most of the world. In these cities, one of the biggest impacts of IoT is on energy consumption. With new technologies such as light sensors, we are able to limit the amount of unnecessary time that lights are on, and with the development of smart grids, energy can be redirected and used where it is needed the most. Within the cities, this energy saving tech helps humans to live a greener and cleaner lifestyle, reducing our footprint on the planet. IoT in cities is also pivotal in increasing public safety. IoT technology helps first responders to react quicker to calls. It helps vehicle navigation, monitors conditions in the environment and can help us to predict extreme weather conditions. All of these contribute to keeping humans safer in cities, limiting the risks of everyday activities. Thanks to IoT, humans can be confident in their safety while driving, working and just living in general.

IoT has also had a massive impact on the way that humans connect with one another. In the past, humans only had the ability to connect with those in close proximity to each other, or to wait massive amounts of time for messages to reach other people. With new IoT technologies such as 5G and the Iphone, humans have never been more connected. With the invention of the Iphone in 2007, along with previous and subsequent developments in communication technology. Humans now have the ability to talk to and message those thousands of kilometres away. With this new ability comes increased mental health and more closeness between families and relatives, even those that have moved to other countries. While there are several positive aspects to the development of new communication tech, these developments have also reduced the amount of time that humans spend face to face with each other, and has increased the possibility of exposure to

negative messages online. IoT is transforming the way that humans interact with each other, increasing the ability to communicate over longer distances and quicker, but also somewhat diminishing the amount of time we spend together.

As well as incredible developments in these two fields, IoT has had a massive impact on one of the most crucial aspects of human life; healthcare. IoT, in several ways, has transformed the way that humans take care of themselves. One of the biggest impacts has come in the form of health tracking. With the invention of heart rate monitors, calorie tracking, activity level tracking and weight loss trackers, people are now able to make more informed decisions about how to exercise and work. With these new monitoring devices, people are able to understand their body and now know when possible health problems are arising, meaning that they can see doctors or take preventative measures to help themselves stay healthier than ever before. Other IoT developments have helped to improve service from doctors and hospitals. With improved patient monitoring and technology such as X-rays, doctors can now provide more accurate and reliable diagnoses, helping make healthcare better tailored to people's individual needs. IoT is transforming the way that humans keep themselves healthy through advanced health monitoring and improved accuracy, meaning healthcare can suit each person's needs.

Overall, IoT has had significant impacts on several aspects of human life transforming the way we live. From increasing safety and livability in cities, to connecting humans across the globe, to helping support and develop the healthcare network, IoT is impacting almost every aspect of life on earth.