THE MAN-MACHINE SYMBIOSIS
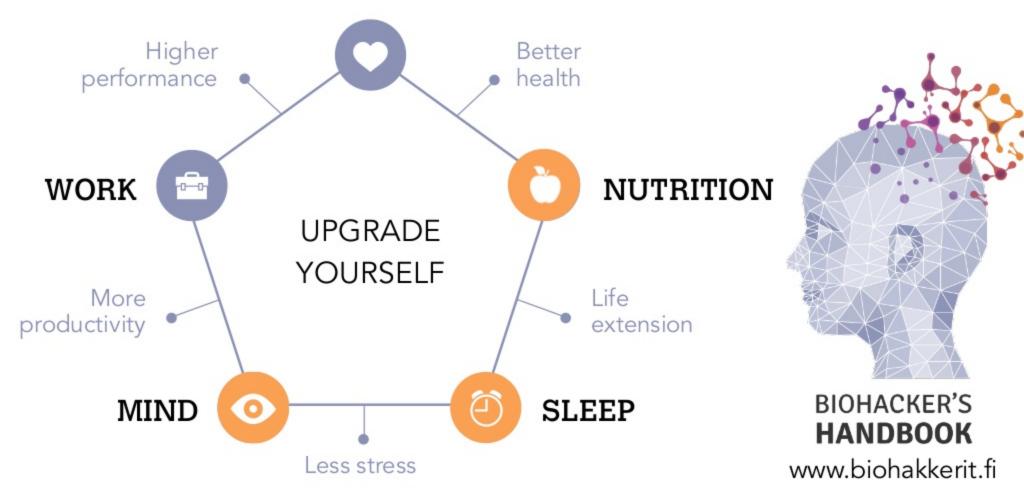
ARE WE BECOMING MORE OR LESS HUMAN?

TEEMU ARINA
TECHNOLOGY ENTREPRENEUR, AUTHOR, BIOHACKER
TWITTER: TAR1NA
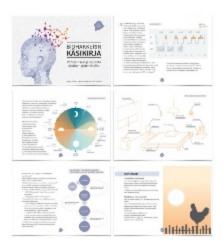
Mittamies

EXERCISE

Higher performance

Better health

WORK

NUTRITION

UPGRADE YOURSELF

More productivity

Life extension

MIND

SLEEP

Less stress

BIOHACKER'S HANDBOOK

www.biohakkerit.fi
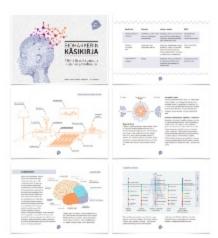
GET THE PUBLISHED CHAPTERS

BIOHAKKERIN
KÄSIKIRJA
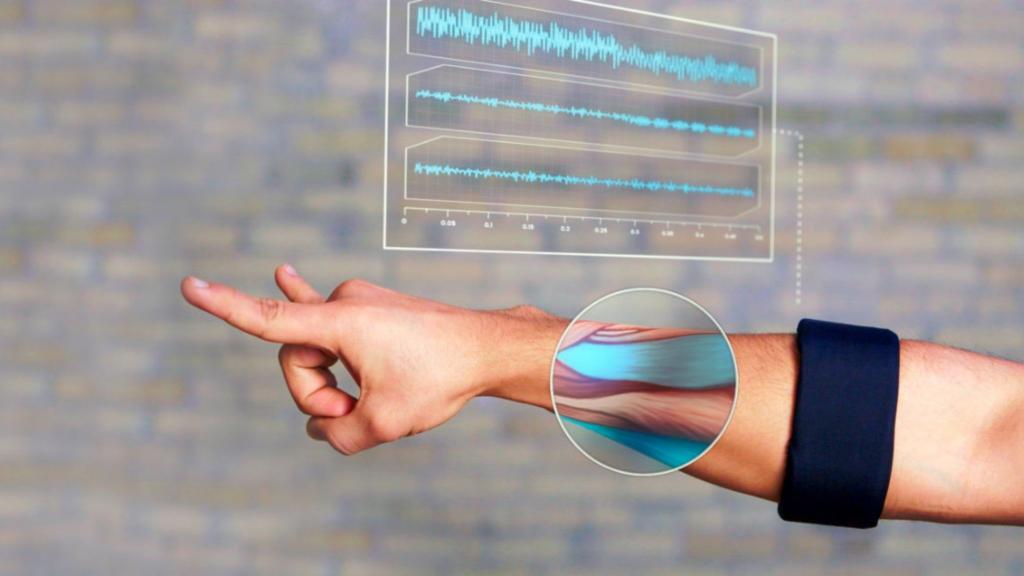*UNI*

BIOHAKKERIN
KÄSIKIRJA
MIELI

BIOHAKKERIN
KÄSIKIRJA
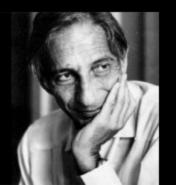*RAVINTO*

AGE OF SPEED

AGE OF REAL-TIME

"We might already be beyond the age of speed by moving into the age of real-time. The move towards real-time is one way out of the age of speed."

– **IVAN ILLICH**

AUTHOR OF DESCHOOLING SOCIETY (1996)

AGE OF ALL-AT-ONCENESS

"Ours is a brand-new world of **all-at-onceness**.
'Time' has ceased, 'space' has vanished. We no live in a **global village**…
a simultaneous happening.
Electric circuitry profoundly involves men with one another.

– Marshall McLuhan

CANADIAN MEDIA THEORIST, AUTHOR OF THE MEDIUM IS THE MASSAGE (1967)

SOCIAL MEDIA &
SOCIAL COMPUTING

MAN-COMPUTER SYMBIOSIS

"Present-day computers are designed primarily to solve **preformulated problems** or to process data according to **predetermined procedures**. […]
The question is not, 'What is the answer?' The question is, '**What is the question?**' One of the main aims of man-computer symbiosis is to bring the computing machine effectively into the **formulative parts** of technical problems."
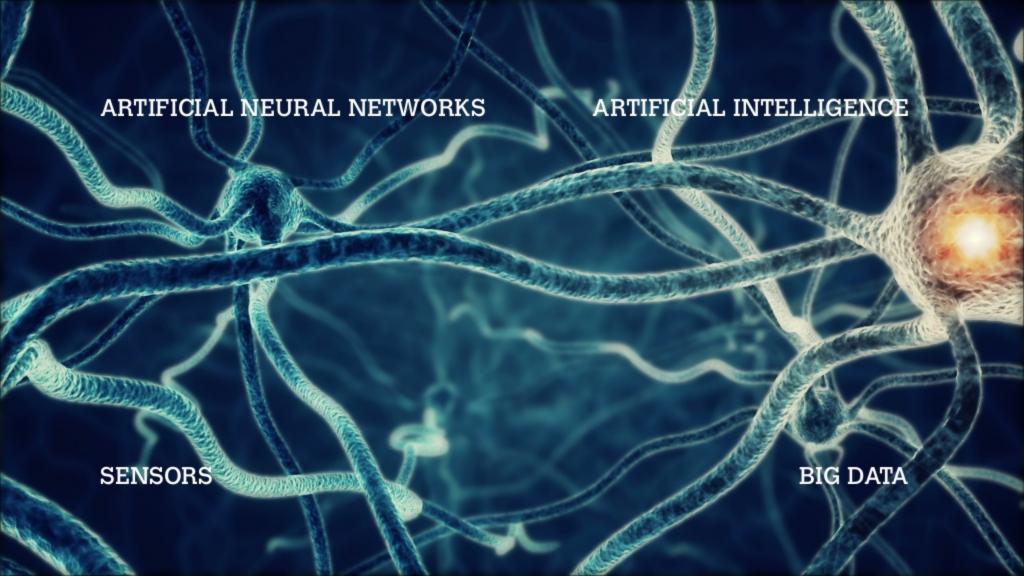
— J. C. R LICKLIDER

DIRECTOR AT ARPA (1960)

AUTOMATION

—

AUGMENTATION

ARTIFICIAL NEURAL NETWORKS   ARTIFICIAL INTELLIGENCE

SENSORS   BIG DATA

"The most profound technologies are those that disappear. They weave themselves into the fabric of everyday life until they are indistinguishable from it."

MARK WEISER, XEROX PARC (1991)

WHAT GETS MEASURED,
GETS MANAGED.

Peter Drucker
AMERICAN MANAGEMENT GURU (1909-2005)

QUANTIFIED SELF & BIOHACKING

1.

Real-time self-experiments

Immediate results

Qualitative

2.

Quantified self-experiments

Long-term resuls

Quantitative

BIOHACKING

EXPERIMENT

QUANTIFIED
SELF

4.

Use the map

to design new experiments

3.

Map the self

Social & big data

BIOSENSING WEARABLES LANDSCAPE

COMMODITY ZONE

GROWING LONG TAIL

| MOVEMENT | HEART RATE | SLEEP | TEMPERATURE | RESPIRATION | SKIN CONDUCTANCE | BRAIN ACTIVITY | HYDRATION | POSTURE | GLUCOSE | OXYGEN LEVEL | HEART RATE VARIABILITY | MUSCLE ACTIVITY | BLOOD PRESSURE | EYE-TRACKING | INGESTION |

Source: Rock Health review of 75+ companies (companies are selected, not comprehensive)

CREATE ▾

▾ June 2013
M T W T F S S
27 28 29 30 31 1 2
3 4 5 6 7 8 9
10 11 12 13 14 15 16
17 18 19 20 21 22 23
24 25 26 27 28 29 30
1 2 3 4 5 6 7

▾ My calendars   ⊞
- Teemu Arina
- Documents
- Email
- Entertainment
- Event
- Exercise
- Food
- Friends
- Heart
- Location
- Meditation
- Notes
- Personal
- Shopping
- Sleep
- Social
- Weight
- Work

▸ Other calendars   ⊞

| | Mon 6/3 | Tue 6/4 | Wed 6/5 | Thu 6/6 | Fri 6/7 | Sat 6/8 | Sun 6/9 |