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### HEAD-WEARABLE DEVICE INCLUDING SENSORS CONFIGURED TO PROVIDE POSTURE INFORMATION TO A USER

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#### Abstract

Methods and systems of coordinating display of biometric data at a head-worn wearable device based on sensor data from a wrist-wearable device are disclosed. A method includes receiving an indication that a user of a head-worn wearable device is performing a physical activity. The head-worn wearable device includes a light-emitting diode visible to the user while wearing the head-worn wearable device and is in communication with a wrist-wearable device worn by the user. The wrist-wearable device is configured to sense biometric data for the user during the physical activity. The method includes, after receiving the indication and while the user is performing the activity, in accordance with a determination that the biometric data satisfies a physiological-based threshold indicating that information about the biometric data would assist the user in performing the physical activity, causing the head-worn wearable device to present, via the light-emitting diode, the information about the biometric data.

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## Background/Summary

**CROSS-REFERENCE TO RELATED APPLICATIONS [0001]** This application is a continuation of U.S. patent application Ser. No. 18/311,197, filed on May 2, 2023, entitled “Head-Worn Wearable Device Providing Indications of Received and Monitored Sensor Data, and Methods and Systems of Use Thereof,” which claims priority to U.S. Prov. App. No. 63/341,390, filed on May 12, 2022, and entitled “Head-Worn Wearable Device Providing Indications of Received and Monitored Sensor Data, and Methods and Systems of Use Thereof,” which is incorporated herein by reference.

### TECHNICAL FIELD

[0002] This application relates generally to communicating information to a user via a head-worn wearable device, more particularly, to coordinating the display of sensor data to a user at a head-worn wearable device based on sensor data from a wrist-wearable device.

### BACKGROUND

[0003] Users performing physical activities conventionally carry a number of electronic devices to assist them in performing a physical activity. For example, users can carry fitness trackers, smartphones, or other devices that include biometric sensors that track a user's performance during a workout. To review their sensed biometric data, a user is normally required to interrupt, pause, or otherwise end their workout to review the collected data (e.g., by having to look down at a fitness tracker or to search for and then unlock another device to view the data). Additionally, conventional wearable devices that include a display require a user to raise up their device and/or physically interact with the wearable device to review the sensed data, which takes away from the user's experience and can impact a user's ability to work out effectively while also viewing biometric data. Further, because conventional wearable devices require user interaction (e.g., inputs to unlock devices, inputs to search for devices, then unlock devices, and then access applications that include the biometric data, and other interactions), a user is unable to conveniently access and use the sensed data to improve their performance of a physical activity.

[0004] Further, the use of artificial-reality devices and systems to assist with exercise activities is still in its early stages and has not been accepted or even tried by many consumers. Thus, explorations are needed around ways to present data (e.g., biometric data) from one device for presentation at an artificial-reality device to assist with exercise activities and doing so in a way to facilitates further adoption of such devices and systems.

[0005] As such, there is a need for a wearable device that coordinates the display of sensor data to a user without distracting the user or necessarily requiring user interaction.

### SUMMARY

[0006] To avoid one or more of the drawbacks or challenges discussed above, artificial-reality systems (e.g., including a head-worn wearable device) that coordinate the display of sensor data received from one or more communicatively coupled devices, such as a wrist-wearable device, is

disclosed. The head-worn wearable device (which can also be referred to more simply as a “head-worn device”) presents the sensor data to a user without using a heads-up display or overhead display. More specifically, the head-worn wearable device displays the sensor data via an illumination source, such as a light-emitting diode (LED), that does not obstruct a user's view. In some embodiments, the head-worn wearable device detects when a user is performing a physical activity and requests from the one or more communicatively coupled devices, sensor data related to the physical activity (e.g., biometric data, position data, orientation data, movement data, etc.). Alternatively, in some embodiments, the head-worn wearable device receives an indication from the one or more communicatively coupled devices that the user is performing a physical activity and receives, from the one or more communicatively coupled devices, the sensor data. In some embodiments, the head-worn wearable device continuously monitors sensor data to determine whether the user is performing a physical activity. Alternatively, in some embodiments, the one or more communicatively coupled devices periodically provide sensor data to the head-worn wearable device to determine whether the user is performing a physical activity.

[0007] The head-worn wearable device uses the received and/or monitored sensor data to determine whether the sensor data satisfies a physiological-based threshold indicating that a representation of the sensor data would assist the user in performing the physical activity. For example, head-worn wearable device can determine that the sensor data indicates that the user is running at a target pace, the user is within a target heart rate zone, the user has reached a target lactate threshold, etc. The head-worn wearable device, in accordance with a determination that the sensor data satisfies a physiological-based threshold indicating that a representation of the sensor data would assist the user in performing the physical activity, can present, via at least one light-emitting diode of the head-worn wearable device, information about the biometric data that would assist the user in performing the physical activity. The light-based electrode can be illuminated in different colors, at different frequencies, and with different patterns, and can be used to communicate different messages to a user.

[0008] The head-worn wearable device can be used in real-world environments and/or in artificial reality (AR) environments, which include, but are not limited to, virtual-reality (VR) environments (including non-immersive, semi-immersive, and fully-immersive VR environments), augmented-reality environments (including marker-based augmented-reality environments, markerless augmented-reality environments, location-based augmented-reality environments, and projection-based augmented-reality environments), hybrid reality, and other types of mixed-reality environments. For example, the head-worn wearable device can provide variable light-based representations of a change in the user's performance of a physical activity while the user is performing the activity outdoors, such as running, or while the user is participating in an AR game (e.g., a virtual fitness game, a horror game, a roleplaying game, etc.).

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## Description

### BRIEF DESCRIPTION OF THE DRAWINGS

[0009] So that the present disclosure can be understood in greater detail, a more particular description may be had by reference to the features of various embodiments, some of which are illustrated in the appended drawings. The appended drawings, however, merely illustrate pertinent features of the present disclosure. The description may admit to other effective features as the person of skill in this art will appreciate upon reading this disclosure.

[0010] FIGS. 1A-1D illustrate coordinating display of biometric data at a head-worn wearable device based on sensor data from another device, in accordance with some embodiments.

[0011] FIGS. 2A-2D illustrate coordinating display of exercise-guidance information to a user of a head-worn wearable device based on data other than biometric data, in accordance with some

embodiments.

[0012] FIG. 3 is a flow diagram illustrating a method of coordinating display of data at a head-worn wearable device based on sensor data from another device, in accordance with some embodiments.

[0013] FIG. 4 is a detailed flow diagram illustrating a method of coordinating display of biometric data, in accordance with some embodiments.

[0014] FIGS. 5A-5E illustrate an example wrist-wearable device, in accordance with some embodiments.

[0015] FIGS. 6A-6B illustrate an example AR system in accordance with some embodiments.

[0016] FIG. 7 illustrates a system of one or more devices for providing indications of biometric and other sensor data, in accordance with some embodiments.

[0017] In accordance with common practice, the various features illustrated in the drawings are not drawn to scale. Accordingly, the dimensions of the various features may be arbitrarily expanded or reduced for clarity. In addition, some of the drawings may not depict all of the components of a given system, method, or device. Finally, like reference numerals denote like features throughout the specification and figures.

#### DETAILED DESCRIPTION

[0018] Numerous details are described herein in order to provide a thorough understanding of the example embodiments illustrated in the accompanying drawings. However, some embodiments may be practiced without many of the specific details, and the scope of the claims is only limited by those features and aspects specifically recited in the claims. Furthermore, well-known processes, components, and materials have not been described in exhaustive detail so as to avoid obscuring pertinent aspects of the embodiments described herein.

[0019] Embodiments of this disclosure can include or be implemented in conjunction with various types or embodiments of artificial-reality systems. Artificial-reality (AR), as described herein, is any superimposed functionality and or sensory-detectable presentation provided by an artificial-reality system within a user's physical surroundings. Such artificial-realities can include and/or represent virtual reality (VR), augmented reality, mixed artificial-reality (MAR), or some combination and/or variation one of these. For example, a user can perform a swiping in-air hand gesture to cause a song to be skipped by a song-providing API providing playback at, for example, a home speaker. An AR environment, as described herein, includes, but is not limited to, VR environments (including non-immersive, semi-immersive, and fully immersive VR environments); augmented-reality environments (including marker-based augmented-reality environments, markerless augmented-reality environments, location-based augmented-reality environments, and projection-based augmented-reality environments); hybrid reality; and other types of mixed-reality environments.

[0020] Artificial-reality content can include completely generated content or generated content combined with captured (e.g., real-world) content. The artificial-reality content can include video, audio, haptic events, or some combination thereof, any of which can be presented in a single channel or in multiple channels (such as stereo video that produces a three-dimensional effect to a viewer). Additionally, in some embodiments, artificial reality can also be associated with applications, products, accessories, services, or some combination thereof, which are used, for example, to create content in an artificial reality and/or are otherwise used in (e.g., to perform activities in) an artificial reality.

[0021] A hand gesture, as described herein, can include an in-air gesture, a surface-contact gesture, and or other gestures that can be detected and determined based on movements of a single hand or a combination of the user's hands. In-air means, in some embodiments, that the user hand does not contact a surface, object, or portion of an electronic device (e.g., the head-wearable device **110** or other communicatively coupled device, such as the wrist-wearable device **120**), in other words the gesture is performed in open air in 3D space and without contacting a surface, an object, or an

electronic device. Surface-contact gestures (contacts at a surface, object, body part of the user, or electronic device) more generally are also contemplated in which a contact (or an intention to contact) is detected at a surface (e.g., a single or double finger tap on a table, on a user's hand or another finger, on the user's leg, a couch, a steering wheel, etc.). The different hand gestures disclosed herein can be detected using image data and/or sensor data (e.g., neuromuscular signals sensed by one or more biopotential sensors (e.g., EMG sensors) or other types of data from other sensors, such as proximity sensors, time-of-flight sensors, sensors of an inertial measurement unit, etc.) detected by a wearable device worn by the user and/or other electronic devices in the user's possession (e.g., smartphones, laptops, imaging devices, intermediary devices, and/or other devices described herein).

[0022] FIGS. 1A-1D illustrate coordinating display of biometric data at a head-worn wearable device based on sensor data from another device, in accordance with some embodiments. In some embodiments, the head-worn wearable device **110** is communicatively coupled to a wrist-wearable device **188** and/or another device (e.g., smartphone **774b**, a PC **774a**, tablet, workout tracking device, a server **770**, or other device described below in reference to FIG. 7). In some embodiments, the head-worn wearable device **110** is communicatively coupled to more than one device (e.g., the wrist-wearable device **188**, a smartphone **774b**, standalone biometric sensors (or other fitness tracking device), and/or other devices). The head-worn wearable device **110** includes an light-emitting diode (LED) **127** for communicating different messages to a user **130** of the head-worn wearable device **110** and/or other people in proximity (e.g., within at least 5-10 meters) of the user **130** via a variable light-based representation of an activity. In some embodiments, the LED **127** is coupled with a housing of the head-worn wearable device **110** and/or with one or more lenses **111** of the head-worn wearable device **110**. In some embodiments, one or more LEDs **127** can be positioned along distinct positions of then head-worn wearable device **110**. For example, LED **127** is one of a plurality of LEDs positioned along the head-worn wearable device **110**.

[0023] The head-worn wearable device **110** is configured to receive an indication that the user **130** (while wearing the head-worn wearable device **110**) is performing a physical activity and, after receiving the indication, receive data (e.g., biometric data) sensed by a sensor of the wrist-wearable device **188** (e.g., a biometric sensor) and/or a sensor of another device during the user's performance of the physical activity. Additionally or alternatively, in some embodiments, head-worn wearable device **110** monitors data (e.g., biometric data) via one or more sensors included in the head-worn wearable device **110**. The biometric data can include at least hydration data, an oxygen level data (e.g., oxygen saturation (SpO2)), heart rate data (e.g., resting heart rate and heart rate variability (HRV)), a stress data, skin or body temperature data, ambient temperature data, etc. In some embodiments, the head-worn wearable device **110** is configured to monitor, via one or more sensors, or receive (e.g., from the wrist-wearable device **188** or other device communicatively coupled to the head-worn wearable device **110**) position data (e.g., location, altitude, travel distance, head position, distances between devices, etc.), movement data (e.g., velocity, acceleration, repetitions, steps, arm swing, etc.), orientation data (e.g., device position and/or user position sensed by inertial measurement units), posture data (e.g., user position with respect to the head-worn wearable device **110**). In some embodiments, the position data, orientation data, and/or movement data are used to determine posture data (e.g., whether the user is standing upright, bending over, hunching their back, etc.). Additional examples of the different devices communicatively coupled to the head-worn wearable device **110** and sensors used to collect data are described below in reference to FIG. 7.

[0024] In some embodiments, the head-worn wearable device **110** is configured to determine a variable light-based representation of a change in the user's performance of the physical activity based on the sensor data monitored by the head-worn wearable device **110** and/or received from the wrist-wearable device **188** or other device. For example, the head-worn wearable device **110** can determine variable light-based representation of a change in the user's performance of the physical

activity based on monitored and/or received biometric data, position data, movement data, posture data, etc. In some embodiments, the variable light-based representation of a change in the user's performance of the physical activity is based on satisfaction of one or more physiological-based thresholds.

[0025] The physiological-based thresholds include one or more of hydration thresholds (e.g., the user **130** consumed at least 64 oz of water, the user **130**'s water intake to sweat ratio is within a predetermined range, etc.), velocity/pace thresholds, oxygen level thresholds, heart rate zone thresholds or cardiovascular zone thresholds, stress thresholds, posture thresholds, etc. In some embodiments, one or more physiological-based thresholds are determined based on the user **130**'s physical activity history; defined by the user **130**; and/or dynamically adjusted while the physically activity is being performed. For example, if the user **130** wants to be notified that they have reached a specific heart rate during their work out, the user **130** can define the one or more physiological-based thresholds such that the head-worn wearable device **110** provides, via the LED **127**, a variable light-based representation to inform the user **130** that they have reached their target heart rate. Additionally, if the user **130** wants to keep their heart-rate in a specific zone, the head-worn wearable device **110** can provide, via the LED **127**, a variable light-based representation of the user's performance of the physical activity to inform the user **130** that they are within the specific zone, exceeded the specific zone, or are below the specific zone.

[0026] The variable light-based representation of a change in the user's performance of the physical activity is configured to help the user **130** complete a physical activity, train, achieve a target performance, beat a personal record, maintain a proper and safe posture, etc. In some embodiments, the variable light-based representation of a change in the user's performance of the physical activity dynamically changes as the user performs the activity, progresses through their workout, performs different physical activities, etc. The variable light-based representation can include, but is not limited to, a strobe light, a steady light, varying colors, user defined light patterns or colors (e.g., three rapid flashes, two rapid flashes followed by a delayed third flash, etc.), communicative patterns such as morse code, etc. The head-worn wearable device **110** is configured to provide instructions to the LED **127** for generating the variable light-based representation responsive to one or more physiological-based thresholds being satisfied. As shown in FIG. **1A**, the user **130** initiates a workout while using a wrist-wearable device **188** and a head-worn wearable device **110**. When the user **130** starts a workout, such as a run, the head-worn wearable device **110** receives biometric data from the wrist-wearable device **188** (that includes one or more biometric sensors for sensing biometric data), and causes the LED **127** to illuminate (providing the variable light-based representation) in different patterns, in different colors, at different frequencies, etc. to communicate different messages to the user while the user is performing the physical activity.

[0027] For example, the head-worn wearable device **110** can receive biometric data, including a heart rate, from the wrist-wearable device **188** or other device communicatively coupled to the head-worn wearable device **110**, and use the biometric data to determine a color, frequency and/or pattern with which to illuminate the LED **127**. The head-worn wearable device **110** can determine a color, frequency and/or pattern with which to illuminate LED **127** based on the user **130**'s heart rate (e.g., HR.sub.1, HR.sub.2, HR.sub.3) and one or more physiological-based thresholds for the user **130**. More specifically, in accordance with a determination that the biometric data satisfies a physiological-based threshold indicating that a representation of the biometric data would assist the user in performing the physical activity, the head-worn wearable device **110** causes the LED **127** to provide a variable light-based representation of the user **130**'s performance of the physical activity corresponding to the satisfied physiological-based threshold. The above examples are non-limiting. As the skilled artisan will appreciate upon reading the descriptions provided herein, different biometric data or device can be used to determine one or more satisfied physiological-based thresholds. For example, in some embodiments, a time duration (e.g., t.sub.1, t.sub.2, t.sub.3, t.sub.4), a distance, an altitude, O.sub.2 stats, skin temperature, ambient temperature, user posture

or other ergonomic indicators, hydration, velocity/pace, stress, etc. can be used to determine that one or more physiological-based thresholds are satisfied.

[0028] In some embodiments, the LED **127** is configured such that only the user **130** can view the variable light-based representation (e.g., presented without obstructing the user **130**'s view (e.g., field of view **135**)). This allows the user **130** to monitor their performance in real-time and make any adjustments needed to improve their performance, correct their posture to avoid injuries, control their pace or exerted energy levels to assist the user **130** in completing the workout, and/or make any other improvements in the performance of a physical activity. In some embodiments, the LED **127** is configured such that the user **130** and other people in proximity of the user **130** can view the variable light-based representation. This allows the user **130** to share their current performance with friends and/or instructors (e.g., to provide coaches or personal trainers with a visual representation of the user **130**'s current physiological state to guide a workout), as well as enable the user to communicate with others (e.g., inform others that the user does not want to be disturbed, or inform others that the user **130** is hurt or needs assistance, etc.). In some embodiments, the LED **127** is configured such that only other people in proximity of the user **130** can view the variable light-based representation. This allows the user **130** to provide others with a busy or do not disturb notification, inform other that no assistance is needed, inform other that assistance is needed, etc. In some embodiments, the user **130** can select whether the variable light-based representation should be visible only to them, to them and those in proximity, or only to those in proximity. Different examples of the variable light-based representations are provided in FIGS. **1A-1D**.

[0029] In FIG. **1A**, the user **130** is shown as they initiate their workout (or physical activity). The user **130**'s physical activity is represented by a first heart rate plot **150a**, which includes at least three physiological-based thresholds (HR Threshold.sub.1, HR Threshold.sub.2, and HR Threshold.sub.3) for the user **130**'s heart rate (e.g., HR.sub.1, HR.sub.2, and HR.sub.3). As the user **130** participates in their workout, the wrist-wearable device **188** (or other device communicatively coupled to the head-worn wearable device **110**) monitors the user **130**'s biometric data and provides the sensed biometric data to the head-worn wearable device **110**. At t.sub.1, the head-worn wearable device **110** determines that the user **130**'s heart rate satisfies a first physiological-based threshold (HR Threshold.sub.1) and provides a first variable light-based representation of a change in the user's performance of the physical activity (e.g., first variable light frequency **115**). In particular, the LED **127** illuminates at frequency f.sub.1, alerting the user that they have reached a first target heart rate threshold (e.g., HR Threshold.sub.1).

[0030] In FIG. **1B**, the user **130** is shown in the middle of their workout. The user **130**'s physical activity is represented by a second heart rate plot **150b**. At t.sub.2, the head-worn wearable device **110** determines that the user **130**'s heart rate satisfies a second physiological-based threshold (HR Threshold.sub.2) and provides a second variable light-based representation of a change in the user's performance of the physical activity (e.g., second variable light frequencies **117**). In particular, the LED **127** illuminates at frequency f.sub.2, alerting the user that they have reached a second target threshold (e.g., HR Threshold.sub.2). In some embodiments, the head-worn wearable device **110** can have a plurality of LEDs (e.g., **127**, **128**, **129**, and **131**). In some embodiments, one or more LEDs of the plurality of LEDs (e.g., **127**, **128**, **129**, and **131**) are positioned at the same or distinct positions of the head-worn wearable device **110**. Each of one or more LEDs of the plurality of LEDs can be independently controlled such that each LED can provide a variable light-based representation with a respective color, frequency, pattern, etc.

[0031] In some embodiments, the wrist-wearable device **188** (or other device communicatively coupled to the head-worn wearable device **110**, described below in reference to FIG. **7**) can also be caused to illuminate, using respective illumination sources, such as a LED or a display, with the same variable light-based representation (e.g., at frequency f.sub.2) or with a distinct variable light-based representation, alerting the user that they have reached the second target threshold or a

distinct target threshold (e.g., reached daily workout duration goal). In some embodiments, the wrist-wearable device **188** (or other device communicatively coupled to the head-worn wearable device **110**) is configured to illuminate with a variable light-based representation when the user **130** is focused on the wrist-wearable device **188** (or other device). Focused, for purposes of this disclosure, means that the user **130** is interacting with the device and/or looking at the device. For example, as shown in FIG. 1B, when the user **130** looks at the wrist-wearable device **188** (e.g., represented by wrist-wearable device **188** within field of view **135**), the wrist-wearable device **188** illuminates at frequency  $f_{sub.2}$  (e.g., watch variable light frequencies **157**), alerting the user that they have reached a second target threshold (e.g., HR Threshold.sub.2). In some embodiments, the illumination sources of the wrist-wearable device **188** or other device communicatively coupled to the head-worn wearable device **110** include displays **720** of the respective devices, LEDs, or other light sources.

[0032] In FIG. 1C, the user **130** is shown near the peak of their workout. The user **130**'s physical activity is represented by a third heart rate plot **150c**. At  $t_{sub.3}$ , the head-worn wearable device **110** determines that the user **130**'s heart rate satisfies a third physiological-based threshold (HR Threshold.sub.3) and provides a third variable light-based representation of a change in the user's performance of the physical activity (e.g., third varying light frequencies **119**). In particular, the LED **127** illuminates at frequency  $f_{sub.3}$ , alerting the user that they have reached the third physiological-based threshold. In some embodiments, a variable light-based representation provided by the wrist-wearable device **188** (or other device communicatively coupled to the head-worn wearable device **110**) is also updated based on a change in the user's biometric data. When the user focuses on the wrist-wearable device **188** (or other device), the wrist-wearable device **188** (or other device) is caused illuminate with the updated variable light-based representation (e.g., at frequency  $f_{sub.3}$  as shown by watch variable light frequencies **159**).

[0033] In some embodiments, the LED **127** is caused to illuminate towards other people in proximity of the user **130**. The signal can use used to signal to others that the user does not want to be disturbed, if the user needs assistance, if the user does not need assistance, and/or to share their workout with friends. As an example, in FIG. 1C, the user is deep into their workout and may be fatigued or dehydrated. The head-worn wearable device **110** can determine, based on received or monitored biometric data, that a physiological-based thresholds associated with exhaustion and/or dehydration is satisfied and, in response to a determination that the physiological-based thresholds associated with exhaustion and/or dehydration satisfied, cause the LED **127** to provide a variable light-based representation to those in proximity to the user indicating that the user needs assistance.

[0034] In FIG. 1D, the user **130** is shown during a cooldown period. The user **130**'s physical activity is represented by a fourth heart rate plot **150d**. At  $t_{sub.4}$ , the head-worn wearable device **110** determines that the user **130**'s heart rate returns to the first physiological-based threshold (HR Threshold.sub.1) and provides the first variable light-based representation of a change in the user's performance of the physical activity (e.g., first variable light frequencies **115**). In particular, the LED **127** illuminates at frequency  $f_{sub.1}$ , alerting the user that they have reached the HR.sub.1 threshold. In some embodiments, the wrist-wearable device **188** (or other device communicatively coupled to the head-worn wearable device **110**) can also illuminate at the same ( $f_{sub.1}$ ) or similar frequency as described above.

[0035] FIGS. 2A-2D illustrate coordinating display of exercise-guidance information to a user of a head-worn wearable device based on data other than biometric data, in accordance with some embodiments. The head-worn wearable device **110** includes one or more components and is configured to perform one or more functions described above in reference to FIGS. 1A-1D. Any data that is sensed by the one or more sensors of the head-worn wearable device **110** and/or an electronic device communicatively coupled with head-worn wearable device **110**, such as a wrist-wearable device **188**, can be used to determine whether a physiological-based threshold is satisfied. In some embodiments, the head-worn wearable device **110** is further configured to provide



guidance to a user based on sensed, monitored, and/or received sensor data. The guidance can include illuminating a LED with a particular color, pattern, and/or frequency to assist the user in performing the physical activity. In some embodiments, the guidance includes providing audio feedback (e.g., via a speaker of the head-worn wearable device **110** or a speaker communicatively coupled with the head-worn wearable device **110**).

[0036] In FIG. 2A, a user **130** is shown working out and using sensed data displayed by the head-worn wearable device to assist in the performance of the physical activity (e.g., lifting heavy weight **205**). The one or more sensors of the head-worn wearable device and/or the wrist-wearable device **188** are used to obtain and/or monitor data while the user is performing a physical activity. For example, as the user **130** workouts out, the wrist-wearable device **188** (and/or other devices communicatively coupled to the head-worn wearable device **110** as described below in reference to FIG. 7) monitors the user **130**'s position and orientation data and provides the sensed position and orientation data to the head-worn wearable device **110**. The head-worn wearable device **110** (and/or other communicatively coupled devices) can determine whether the user **130**'s position and orientation data satisfy physiological-based thresholds (e.g., posture thresholds **210**). Although the above example describes the use of position and orientation data sensed by one or more sensors of the wrist-wearable device **188**, the skilled artisan will appreciate upon reading the descriptions provided herein, that position and orientation data sensed by one or more sensors of the head-worn wearable device can be used to determine whether the user **130**'s position and orientation data satisfies physiological-based thresholds.

[0037] The posture thresholds **210** can include one or more thresholds that are used to provide guidance with respect to a user **130**'s posture. For example, the posture thresholds **210** can include a first posture threshold **217** that is used to determine whether the user is standing upright, has a straight back, and/or is otherwise maintaining a safe workout posture, and a second posture threshold **219** that is used to determine whether the user is hunched over, has a bent back, and/or is otherwise has an unsafe or high-risk (of injury) posture.

[0038] Based on a determination that one or more physiological-based thresholds are satisfied, the head-worn wearable device **110** is caused to illuminate a LED **127** to assist and/or provide guidance to the user in the performance of the physical activity. For example, the head-worn wearable device **110** can determine that the user **130**'s current posture **215** is within the first posture threshold **217** and cause the LED **127** to illuminate at a first variable light frequency **115**, f.sub.1, to alert the user **130** that they are maintaining a safe posture (e.g., are not hunched over or bending their back).

[0039] In FIG. 2B, the user **130** is shown further into their workout. The user **130** continues to use sensed data displayed by the head-worn wearable device to assist in the performance of the physical activity. As shown in FIG. 2B, the head-worn wearable device **110** determines that the user **130**'s current posture **215** is still within the first posture threshold **217** and cause the LED **127** to continue to illuminate at the first variable light frequency **115**, f.sub.1, to alert the user that they are maintaining a safe posture. In some embodiments, if it is determined that the user **130** is focused on the wrist-wearable device **188** (or other device), an illumination source of the wrist-wearable device **188** is caused to illuminate with the same variable light-based representation (e.g., at frequency f.sub.1 as shown by watch variable light frequencies **257**) or with a distinct variable light-based representation, alerting the user that they are maintaining a safe posture.

[0040] Turning to FIG. 2C, the user **130** is shown at even further into their workout. In particular, the user is shown tired and/or exhausted while performing a physical activity, which results in the user **130**'s posture or workout form to change from a safe posture to a high-risk posture. The change in the user **130**'s posture is detected by the one or more sensors of the head-worn wearable device **110** and/or devices communicatively coupled with the head-worn wearable device **110**.

When the user **130**'s current posture **215** is determined to satisfy the second posture threshold **219**, the head-worn wearable device is caused to illuminate the LED **127** at another variable light

frequency 229, f.sub.4, to alert the user 130 that their posture has changed from a safe posture to a high-risk posture. As described above in reference to FIG. 2B, in some embodiments, an illumination source of the wrist-wearable device 188 is caused to illuminate with the same variable light-based representation (e.g., watch variable light frequencies 259 at frequency f.sub.4) or with a distinct variable light-based representation, alerting the user 130 of their current posture 215. [0041] Alternatively or in addition, in some embodiments, the head-worn wearable device 110 (or other device communicatively coupled with the head-worn wearable device) is caused to provide audio feedback via one or more speakers 223. The audio feedback provides guidance to the user 130 to assist the user 130 in performing the physical activity. In some embodiments, the guidance provides recommendations to the user 130, such as suggesting the user 130 to take a break, decrease the weight, hydrate, stand up straight, correct their posture, etc. In some embodiments, the audible feedback is provided for positioning guidance. In some embodiments, the audible feedback is only presented to the user 130 when the user 130 is wearing headphones communicatively coupled with the head-worn wearable device 110. In this way, the user 130's privacy is protected by not providing the audio feedback while others are near the user 130 (e.g., in situations that the user 130 does not want the exercise guidance to be announced using the speaker). Additional information on the one or more speakers is provided below in reference to FIG. 4.

[0042] In FIG. 2D, the user 130 corrects their posture in accordance with the guidance provided by the head-worn wearable device 110. In particular, the user has decreased the exercise weight (e.g., from a heavy weight 205 to a light weight 225). The decrease in exercise weight allows the user 130 to correct their posture such that the user 130's current posture 215 is within the first posture threshold 217. As a result of the user 130 correcting their posture, the LED 127 of the head-worn wearable device is caused to illuminate at a first variable light frequency 115, f.sub.1, alerting the user 130 that they are working out with a safe posture (e.g., are not hunched over or bending their back).

[0043] The example guidance described above in FIG. 1A-2D is non-limiting. In some embodiments, the LED 127 is caused to illuminate to provide a user with directions, instructions, operate as a timer, and provide any other additional information to the user to assist in the performance of the physical activity. For example, while the user is jogging outside, the LED can be configured to illuminate once to instruct the user 130 to turn left, illuminate twice to instruct the user 130 to turn right, illuminate in a steady color (e.g., blue) to instruct the user 130 to keep moving forward, illuminate red to warn the user of unsafe event (e.g., mugging reported nearby). In some embodiments, LEDs 127 positioned at different portions of the head-worn wearable device are illuminated (e.g., an LED positioned on the left of the head-worn wearable device 110 is illuminated to instruct the user to turn left, an LED positioned on the right of the head-worn wearable device 110 is illuminated to instruct the user to turn right, etc.). As described above in FIGS. 2A-2D, in some embodiments, the head-worn wearable device is configured to provide audio feedback in conjunction with or instead of illuminating the LED 127.

[0044] FIG. 3 is a flow diagram illustrating a method of coordinating display of data at a head-worn wearable device based on sensor data from another device, in accordance with some embodiments. Operations (e.g., steps) of the method 300 can be performed by one or more processors of one or more devices described below in reference to FIG. 7 (e.g., a computer 774a, a smartphone 774b, a controller 774c, a head-worn wearable device 110, a wrist-wearable device 188, etc.). In some embodiments, the head-worn wearable device 110 device is communicatively coupled with one or more sensors (e.g., various sensors 725 described below in reference to FIG. 7), an imaging device 755, a microphone, and a speaker to perform the one or more operations. In some embodiments, the head-worn wearable device 110 is communicatively coupled with a display 720 (FIG. 7). At least some of the operations shown in FIG. 3 correspond to instructions stored in a computer memory or computer-readable storage medium (e.g., memory 760; FIG. 7). Operations of the method 300 can be performed by a single device (e.g., a head-worn wearable device 110) or at

least two devices communicatively coupled to one another (e.g., the head-worn wearable device **110** and a wrist-wearable device **188**, a smartphone, a computer, a server **770**, etc.). Additionally or alternatively, operations of the method **300** can be performed by instructions stored in memory or computer-readable medium of another device communicatively coupled to one or more devices described above in reference to FIG. 7.

[0045] The method **300** includes receiving (**310**) an indication that a user of a head-worn wearable device is performing a physical activity. The indication can be received from a wrist-wearable device **188** or any other device communicatively coupled to the head-worn wearable device **110**. For example, as described above in reference to FIGS. **1A-1D**, the head-worn wearable device **110** can receive indications at different points of a user **130**'s workouts. In some embodiments, the head-worn wearable device **110** continuously receives indications while the user **130** is performing the physical activity. In some embodiments, the head-worn wearable device **110** receives indications at predetermined intervals (e.g., 1 second, 10 seconds, 30 seconds, etc.).

[0046] The method **300** includes while the user is performing a physical activity, receiving (**320**) sensor data. The sensor data can be received at the head-worn wearable device from a communicatively coupled electronic device during the user's performance of the physical activity. For example, in FIGS. **1A-1D**, the wrist-wearable device **188** provides the head-worn wearable device **110** biometric data from one or more sensors. The head-worn wearable device can receive any sensor data that can be used to determine whether one or more physiological-based thresholds are satisfied or any sensor data that can be used to assist the user in performing the physical activity. The sensor data can include biometric data (e.g., oxygen levels, heart rate, body temperature, etc.), position data (e.g., device position data (relative to the head-worn wearable device **110**), location data, etc.), movement data (e.g., acceleration, velocity, etc.), environmental data (e.g., temperature, altitude, etc.), and/or other sensor data described below in reference to FIG. 7.

[0047] The method **300** also includes determining (**330**) whether information about the sensor data assist the user in performing the physical activity. In response to a determination that information about the sensor data would assist the user in performing the physical activity ("Yes" at operation **330**), the method **300** includes causing (**340**) the head-worn wearable device to present, via at least one LED, the information about the sensor data. As described above in reference to FIGS. **1A-1D**, the information about the sensor data can be a LED **127** that is illuminated at different frequencies, with different patterns, with different colors, etc. In some embodiments, the head-worn wearable device **110** does not include a display, head-up display, overhead display, etc. In other words, the head-worn wearable device **110** presents the information without a display.

[0048] The information about the sensor data can communicate different messages to the user that can be used by the user to improve their performance of a physical activity and/or assist the user in performing a physical activity. For example, the information about the sensor data can be a light illuminated with a green hue to inform the user that they are within their target heart rate, within their target running pace, performing the target workout type (e.g., Aerobic vs. Anaerobic), performing a workout with a proper posture (e.g., upright instead of hunched over), on track to beat a personal record, improved performance metric (e.g., improved lactate threshold), etc. Similarly, the information about the sensor data can be a light illuminated with a yellow hue to inform the user that they are no longer within their target heart rate, are outside of their target running pace, etc. Additionally, the information about the sensor data can be a light illuminated with a red hue to inform the user that they are dehydrated, at risk of injury (e.g., have improper posture), at an unsafe heart rate for an extended period of time, etc. The above examples are non-limiting. The variable light-based representation can be a light illuminated with any color, at different frequencies (e.g., steady light, strobe, predetermined intervals, etc.), with different patterns (e.g., at least two flashes, at least three flashes, morse code, etc.). The information about the sensor data can be generated to assist the user **130** in the performance of any physical activity, such as running, cycling, weight

training, walking, yoga, etc. Similarly, the information about the sensor data can be generated to assist the user **130** in day-to-day activities, such as reminding the user **130** to drink water, reminding the user **130** to sit upright, the user **130** to stand periodically, etc.

[0049] After causing the head-worn wearable device to present, via the at least one LED, the information about the sensor data, the method **300** returns to operation (310) and awaits a new (or ongoing) indication that a user of a head-worn wearable device is performing a physical activity.

[0050] Returning operation **330**, in response to a determination that the information about the sensor data would not assist the user in performing the physical activity (“No” at operation **330**), the method **300** returns to operation (310) and awaits a new (or ongoing) indication that a user of a head-worn wearable device is performing a physical activity.

[0051] FIG. **4** is a detailed flow diagram illustrating a method of coordinating display of biometric data, in accordance with some embodiments. Similar to method **300** of FIG. **3**, operations of the method **400** can be performed by one or more processors of the one or more devices described below in reference to FIG. **7**. At least some of the operations shown in FIG. **4** correspond to instructions stored in a computer memory or computer-readable storage medium. Operations of the method **400** can be performed by a single device or at least two devices communicatively coupled to one another. Additionally or alternatively, operations of the method **400** can be performed by instructions stored in memory or computer-readable medium of another device communicatively coupled to one or more devices described above in reference to FIG. **1**. For ease, method **400** is described as being performed at a head-worn wearable device **110** (FIGS. **1A-1D**).

[0052] Method **400** includes receiving (410) an indication that a user of a head-worn wearable device is performing a physical activity. In some embodiments, the head-worn wearable device **110** includes at least one LED **127** visible to the user while wearing the head-worn wearable device. The head-worn wearable device can be in communication with an electronic device worn or carried by the user during the physical activity that is configured to sense at least biometric data for the user during the physical activity. For example, in some embodiments, an electronic device communicatively coupled to the head-worn wearable device **110** can be a wrist-wearable device **188**, a smartphone **774b**, fitness tracker, or other device described below in reference to FIG. **7**, and can provide an indication that the user **130** of the head-worn wearable device **110** is performing a physical activity based on sensor data.

[0053] In some embodiments, a determination that the user of the head-worn wearable device is performing a physical activity is based on one or more of position data, orientation data (e.g., electronic device orientation, user hand orientation, and/or other posture data measured by an inertial measurement unit), biometric data, and/or other data sensed by the one or more sensors of communicatively coupled devices described below in reference to FIG. **7**. For example, as shown and described above in FIGS. **1A-2D**, the wrist-wearable device **188** can monitor sensed data, such as biometric data, and determine that the user is performing an activity, after the wrist-wearable device **188** determines that the user is performing an activity it provides the sensed data to the head-worn wearable device **110**. In some embodiments, an electronic device communicatively coupled to the head-worn wearable device **110** periodically sends sensed data to the head-worn wearable device **110**. The sensor data used to determine that the user of the head-worn wearable device is performing a physical activity is described in reference to FIGS. **1A-2D** and **7**.

[0054] Alternatively or additionally, in some embodiments, the determination that the user of the head-worn wearable device is performing a physical activity is based on an input command provided by the user **130** at the communicatively coupled device. The input commands can include hand gestures (detected by one or more cameras and/or one or more sensors), voice commands, touch input commands, actuation of one or more buttons, etc. The above examples are non-limiting.

[0055] In some embodiments, method **400** includes determining, by the head-worn wearable device **110** based on sensor data monitored by the head-worn wearable device **110**, that the user is

performing a physical activity. In some embodiments, the determination that the user of the is performing a physical activity is based on one or more of position data sensed by one or more sensors of the head-worn wearable device **110** and/or biometric data sensed by a biometric sensor of the head-worn wearable device **110**. Alternatively or additionally, in some embodiments, the determination that the user of the head-worn wearable device **110** is performing a physical activity is based on an input command provided by the user **130** at the communicatively coupled device. Additional sensor data described below in reference to FIGS. **1A-2D** and **7** can be used to determine that the user of the head-worn wearable device is performing a physical activity. In some embodiments, responsive to a determination that the user of the head-worn wearable device **110** is performing a physical activity, the method **400** includes requesting, by the head-worn wearable device **110**, sensor data from a communicatively coupled device, such as a wrist-wearable device **188**; a smartphone **774b**; fitness tracker; or other device described below in reference to FIG. **7**. The requested sensor data is used to determine whether a physiological-based threshold indicating that a representation of the sensor data would assist the user in performing the physical activity is satisfied, as discussed below.

[0056] Method **400** includes after receiving the indication and while the user is performing the physical activity (**420**), in accordance with a determination that the biometric data (and/or other sensed data) satisfies a physiological-based threshold indicating that information about the biometric data (and/or other sensed data) would assist the user in performing the physical activity, causing (**430**) the head-worn wearable device to present, via the at least one LED, the information about the biometric data (and/or other sensed data that would be helpful to the user). The physiological-based threshold is associated with a type of the physical activity performed by the user **130**. Different information can be provided to the user **130** based on the physiological-based threshold satisfied. For example, biometric data sensed by a wrist-wearable device can be biometric data of a first type and at least one different physiological-based threshold, distinct from the physiological-based threshold, can be used to determine when to cause presentation of information about biometric data of the first type when the user is performing a different physical activity. In other words, there can be different thresholds used when different activities are performed. In some embodiments, the physiological-based threshold includes one or more of a hydration threshold, velocity/pace threshold, an oxygen level threshold, one or more heart-rate zone thresholds, a stress threshold, one or more cardiovascular zone thresholds, a posture threshold, etc. In some embodiments, the physiological-based threshold is a consolidated threshold that is based on two or more of a heart-rate, an oxygen saturation, a breathing rate, a body temperature, position data, orientation data, and/or other sensed data described below in reference to FIG. **7**. The physiological-based thresholds can be user-defined or learned physiological-based thresholds based on the user's past performance of certain physical activities. The physiological-based thresholds can be stored on any (or all) of the wrist-wearable device, head-worn wearable device, and an intermediary device that facilitates communications between the wrist-wearable and head-worn wearable devices, as well as other devices described below in reference to FIGS. **5A-7**.

[0057] The determination that the biometric data (and/or other sensed data) satisfies a physiological-based threshold can be based on sensed data provided to the head-worn wearable device via a communicatively coupled electronic device. For example, the wrist-wearable device **188** can monitor biometric data and provide the biometric data to the head-worn wearable device **110** to determine whether a physiological-based threshold is satisfied. Alternatively, in some embodiments, an electronic device communicatively coupled with the head-worn wearable device **110** provides instructions to the head-worn wearable device **110** that cause the LED of the head-worn wearable device **110** to illuminate with different patterns, frequencies, and/or colors based on a determination that a physiological-based threshold is satisfied. In some embodiments, the head-worn wearable device **110** can monitor biometric data sensed by a biometric sensor of the head-worn wearable device **110** and/or position data sensed by one or more sensors of the head-worn

wearable device **110** to determine whether a physiological-based threshold is satisfied. In some embodiments, biometric data (and/or other data) received from one or more communicatively coupled devices is analyzed and consolidated to determine whether physiological-based threshold is satisfied. For example, biometric data provided to the head-worn wearable device **110** from the wrist-wearable device **188** can be consolidated with sensed biometric data at the head-worn wearable device **110** to determine whether the physiological-based threshold is satisfied. Additional data that can be received and/or monitored by the head-worn wearable device **110** and/or other devices communicatively coupled with the head-worn wearable device **110** is described in reference to FIGS. **1A-7**. The illumination of the LED is described below.

[0058] In some embodiments, the method **400** includes while the user is performing (**440**) the physical activity receiving (**450**) position data sensed by one or more sensors of the wrist-wearable device **188** that are distinct from the biometric sensor used to sense the biometric data, and, in accordance with a determination that the position data indicates that the user requires guidance in performing the physical activity, causing (**460**) the head-worn wearable device to present, via the at least one LED of the head-worn wearable device, guidance to assist the user in performing the physical activity. In addition, in some embodiments, the method **400** includes, in accordance with a determination that the position data sensed by the one or more sensors of the head-worn wearable device indicates that the user requires guidance in performing the physical activity, the method **400** include causing the head-worn wearable device **110** to present, via the at least one LED of the head-worn wearable device, guidance to assist the user in performing the physical activity. The determination that the position data indicates that the user requires guidance is made when it is determined that the position data indicates that the user is incorrectly performing the physical activity. For example, as shown in FIGS. **2A-2D**, the head-worn wearable device **110** is caused to illuminate a LED **127** to provide a user **130** with guidance on how to correct their posture.

[0059] In some embodiments, the guidance to assist the user in performing the physical activity is caused to be presented in conjunction with audible feedback, presented via a speaker of the head-worn wearable device, that also assists the user in performing the physical activity. Alternatively, in some embodiments, the guidance to assist the user in performing the physical activity is caused to be presented using only audible feedback (e.g., without illumination of the LED). In some embodiments, only audio feedback (e.g., instructions voiced over a speaker of the head-worn wearable device **110**) is preferred for providing guidance (e.g., positioning guidance, such as correcting posture) illumination of the LED **127** may be harder to interpret for guidance. In some embodiments, audio feedback can be provided to the user via one or more communicatively coupled speakers worn by the user **130** (e.g., headphones). In some embodiments, audio feedback is only available when the head-worn wearable device **110** is communicatively coupled with speakers worn by the user **130** (e.g., in situations where the user **130** desires more privacy and does not want the guidance to be announced to others in proximity). Examples of the different information provided to the user via illumination of a LED **127** are provided above in reference to FIGS. **1A-2D**.

[0060] In some embodiments, the head-worn wearable device **110** includes a single LED configured to illuminate with any color, at different frequencies (e.g., steady light, strobe, predetermined intervals, etc.), and with different patterns (e.g., at least two flashes, at least three flashes, morse code, etc.). In some embodiments, different colors, patterns, and/or frequencies of the LED are associated with respective physiological-based thresholds and/or sensed data. For example, the LED can be configured to illuminate red to inform the user **130** that they should pay attention to their posture, illuminate green to inform the user that they are at their target heart rate, etc.

[0061] Alternatively, in some embodiments, the head-worn wearable device **110** can include a plurality of LEDs. The information about the biometric data (or other sensed data) can be provided using more than one LED. In some embodiments, different LEDs are associated with respective

physiological-based thresholds and/or sensed data. For example, a plurality of LEDs can include a first LED associated with a user **130**'s heart rate (e.g., a HR LED), a second LED associated with a user **130**'s oxygen saturation (e.g., a SPO2 LED), a third LED associated with a user **130**'s breathing rate (e.g., a breathing rate LED), a fourth LED associated with a user **130**'s posture (e.g., a posture LED), etc. Each LED can be configured to illuminate with any color, at different frequencies, and with different patterns. In some embodiments, each LED is individually controlled based on the information about the sensor data (e.g., causing respective LEDs to illuminate red, yellow, or green to inform the user **130** that adjustments are needed, caution is needed, or no major issues detected, respectively). Alternatively, in some embodiments, each LED is configured to illuminate with a respective color, pattern, frequency based on the information about the sensor data (e.g., a posture LED can be caused to illuminate red to inform the user **130** to pay attention to their posture, a breathing rate LED can be caused to illuminate purple to inform the user **130** to pay attention to their breathing, etc.).

[0062] In some embodiments, the wrist-wearable device **188** (or other communicatively coupled electronic device) is configured to monitor additional biometric data for the user **130** during the physical activity, which is sensed using an additional biometric sensor that is distinct from the biometric sensor used to provide the biometric data referenced in operation **430**. The method **400** further includes, while the user is performing the physical activity, in accordance with a determination that additional biometric data satisfies an additional physiological-based threshold, distinct from the physiological-based threshold, indicating that information about the additional biometric data would assist the user in performing the physical activity, causing the head-worn wearable device to present, via an additional LED of the plurality of LEDs, the information about the additional biometric data. In some embodiments, the information about the additional biometric data and the information about the biometric data are caused to be presented via the additional LED and the at least one LED, respectively, during an overlapping period of time. In some embodiments, the wrist-wearable device is configured to monitor further biometric data for the user during the physical activity, the further biometric data being sensed using one other biometric sensor that is distinct from the biometric sensor and the additional biometric sensor. The method **400** further includes, while the user is performing the physical activity, in accordance with a determination that further biometric data satisfies a further physiological-based threshold, distinct from the physiological-based threshold and the additional physiological-based threshold, indicating that information about the further biometric data would assist the user in performing the physical activity, causing the head-worn wearable device to present, via a further LED of the plurality of LEDs, the information about the further biometric data. The information about the additional biometric data, the information about the biometric data, and the information about the further biometric data are caused to be presented via the additional LED, the at least one LED, and the further LED, respectively, during an overlapping period of time. In other words, as described above, different LEDs can be controlled individually to communicate different information to the user **130**.

[0063] In some embodiments, the LED is coupled with a housing of the head-worn wearable device **110**. Alternatively or in addition, in some embodiments, the LED is coupled with one or more lenses of the head-worn wearable device **110**. The head-worn wearable device **110** is configured to provide information about the sensor data without the use of a head-up display, screen display, overhead display, etc. In some embodiments, the head-worn wearable device **110** does not include a head-up display, screen display, overhead display, etc.

[0064] In some embodiments, the information about the sensor data and/or the guidance to assist the user is variable light-based representations communicate to the user **130** how to improve their posture and/or technique. For example, the variable light-based representations can help the user in perform Yoga, High-Intensity Interval Training (HIIT) routines, golf, jogging, and a number of other physical activities. In some embodiments, the variable light-based representation can be

presented only to the user (without obstructing their view), to the user and others (e.g., to a workout instructor such that the workout instructor can coach or instruct the user), and/or only to others (e.g., a do not disturb indicator).

#### Example Wrist-Wearable Devices

[0065] FIGS. 5A and 5B illustrate an example wrist-wearable device **550**, in accordance with some embodiments. The wrist-wearable device **550** is an instance of the wearable device described herein, such that the wearable device should be understood to have the features of the wrist-wearable device **550** and vice versa. FIG. 5A illustrates a perspective view of the wrist-wearable device **550** that includes a watch body **554** coupled with a watch band **562**. The watch body **554** and the watch band **562** can have a substantially rectangular or circular shape and can be configured to allow a user to wear the wrist-wearable device **550** on a body part (e.g., a wrist). The wrist-wearable device **550** can include a retaining mechanism **567** (e.g., a buckle, a hook and loop fastener, etc.) for securing the watch band **562** to the user's wrist. The wrist-wearable device **550** can also include a coupling mechanism **560** (e.g., a cradle) for detachably coupling the capsule or watch body **554** (via a coupling surface of the watch body **554**) to the watch band **562**.

[0066] The wrist-wearable device **550** can perform various functions associated with navigating through user interfaces and selectively opening applications, as well as the different operations described above in reference to FIGS. 1A-4. As will be described in more detail below, operations executed by the wrist-wearable device **550** can include, without limitation, display of visual content to the user (e.g., visual content displayed on display **556**); sensing user input (e.g., sensing a touch on peripheral button **568**, sensing biometric data on sensor **564**, sensing neuromuscular signals on neuromuscular sensor **565**, etc.); messaging (e.g., text, speech, video, etc.); image capture; wireless communications (e.g., cellular, near field, Wi-Fi, personal area network, etc.); location determination; financial transactions; providing haptic feedback; alarms; notifications; biometric authentication; health monitoring; sleep monitoring; etc. These functions can be executed independently in the watch body **554**, independently in the watch band **562**, and/or in communication between the watch body **554** and the watch band **562**. In some embodiments, functions can be executed on the wrist-wearable device **550** in conjunction with an artificial-reality environment that includes, but is not limited to, virtual-reality (VR) environments (including non-immersive, semi-immersive, and fully immersive VR environments); augmented-reality environments (including marker-based augmented-reality environments, markerless augmented-reality environments, location-based augmented-reality environments, and projection-based augmented-reality environments); hybrid reality; and other types of mixed-reality environments. As the skilled artisan will appreciate upon reading the descriptions provided herein, the novel wearable devices described herein can be used with any of these types of artificial-reality environments.

[0067] The watch band **562** can be configured to be worn by a user such that an inner surface of the watch band **562** is in contact with the user's skin. When worn by a user, sensor **564** is in contact with the user's skin. The sensor **564** can be a biosensor that senses a user's heart rate, saturated oxygen level, temperature, sweat level, muscle intentions, or a combination thereof. The watch band **562** can include multiple sensors **564** that can be distributed on an inside and/or an outside surface of the watch band **562**. Additionally, or alternatively, the watch body **554** can include sensors that are the same or different than those of the watch band **562** (or the watch band **562** can include no sensors at all in some embodiments). For example, multiple sensors can be distributed on an inside and/or an outside surface of the watch body **554**. As described below with reference to FIGS. 5B and/or 5C, the watch body **554** can include, without limitation, a front-facing image sensor **525A** and/or a rear-facing image sensor **525B**, a biometric sensor, an IMU, a heart rate sensor, a saturated oxygen sensor, a neuromuscular sensor(s), an altimeter sensor, a temperature sensor, a bioimpedance sensor, a pedometer sensor, an optical sensor (e.g., imaging sensor **5104**), a touch sensor, a sweat sensor, etc. The sensor **564** can also include a sensor that provides data about a user's environment including a user's motion (e.g., an IMU), altitude, location, orientation, gait, or



a combination thereof. The sensor **564** can also include a light sensor (e.g., an infrared light sensor, a visible light sensor) that is configured to track a position and/or motion of the watch body **554** and/or the watch band **562**. The watch band **562** can transmit the data acquired by sensor **564** to the watch body **554** using a wired communication method (e.g., a Universal Asynchronous Receiver/Transmitter (UART), a USB transceiver, etc.) and/or a wireless communication method (e.g., near field communication, Bluetooth, etc.). The watch band **562** can be configured to operate (e.g., to collect data using sensor **564**) independent of whether the watch body **554** is coupled to or decoupled from watch band **562**.

[0068] In some examples, the watch band **562** can include a neuromuscular sensor **565** (e.g., an EMG sensor, a mechanomyogram (MMG) sensor, a sonomyography (SMG) sensor, etc.). Neuromuscular sensor **565** can sense a user's intention to perform certain motor actions. The sensed muscle intention can be used to control certain user interfaces displayed on the display **556** of the wrist-wearable device **550** and/or can be transmitted to a device responsible for rendering an artificial-reality environment (e.g., a head-mounted display) to perform an action in an associated artificial-reality environment, such as to control the motion of a virtual device displayed to the user. [0069] Signals from neuromuscular sensor **565** can be used to provide a user with an enhanced interaction with a physical object and/or a virtual object in an artificial-reality application generated by an artificial-reality system (e.g., user interface objects presented on the display **556**, or another computing device (e.g., a smartphone)). Signals from neuromuscular sensor **565** can be obtained (e.g., sensed and recorded) by one or more neuromuscular sensors **565** of the watch band **562**. Although FIG. 5A shows one neuromuscular sensor **565**, the watch band **562** can include a plurality of neuromuscular sensors **565** arranged circumferentially on an inside surface of the watch band **562** such that the plurality of neuromuscular sensors **565** contact the skin of the user. The watch band **562** can include a plurality of neuromuscular sensors **565** arranged circumferentially on an inside surface of the watch band **562**. Neuromuscular sensor **565** can sense and record neuromuscular signals from the user as the user performs muscular activations (e.g., movements, gestures, etc.). The muscular activations performed by the user can include static gestures, such as placing the user's hand palm down on a table; dynamic gestures, such as grasping a physical or virtual object; and covert gestures that are imperceptible to another person, such as slightly tensing a joint by co-contracting opposing muscles or using sub-muscular activations. The muscular activations performed by the user can include symbolic gestures (e.g., gestures mapped to other gestures, interactions, or commands, for example, based on a gesture vocabulary that specifies the mapping of gestures to commands).

[0070] The watch band **562** and/or watch body **554** can include a haptic device **563** (e.g., a vibratory haptic actuator) that is configured to provide haptic feedback (e.g., a cutaneous and/or kinesthetic sensation, etc.) to the user's skin. The sensors **564** and **565**, and/or the haptic device **563** can be configured to operate in conjunction with multiple applications including, without limitation, health monitoring, social media, game playing, and artificial reality (e.g., the applications associated with artificial reality).

[0071] The wrist-wearable device **550** can include a coupling mechanism (also referred to as a cradle) for detachably coupling the watch body **554** to the watch band **562**. A user can detach the watch body **554** from the watch band **562** in order to reduce the encumbrance of the wrist-wearable device **550** to the user. The wrist-wearable device **550** can include a coupling surface on the watch body **554** and/or coupling mechanism(s) **560** (e.g., a cradle, a tracker band, a support base, a clasp). A user can perform any type of motion to couple the watch body **554** to the watch band **562** and to decouple the watch body **554** from the watch band **562**. For example, a user can twist, slide, turn, push, pull, or rotate the watch body **554** relative to the watch band **562**, or a combination thereof, to attach the watch body **554** to the watch band **562** and to detach the watch body **554** from the watch band **562**.

[0072] As shown in the example of FIG. 5A, the watch band coupling mechanism **560** can include

a type of frame or shell that allows the watch body 554 coupling surface to be retained within the watch band coupling mechanism 560. The watch body 554 can be detachably coupled to the watch band 562 through a friction fit, magnetic coupling, a rotation-based connector, a shear-pin coupler, a retention spring, one or more magnets, a clip, a pin shaft, a hook and loop fastener, or a combination thereof. In some examples, the watch body 554 can be decoupled from the watch band 562 by actuation of the release mechanism 570. The release mechanism 570 can include, without limitation, a button, a knob, a plunger, a handle, a lever, a fastener, a clasp, a dial, a latch, or a combination thereof.

[0073] As shown in FIGS. 5A-5B, the coupling mechanism 560 can be configured to receive a coupling surface proximate to the bottom side of the watch body 554 (e.g., a side opposite to a front side of the watch body 554 where the display 556 is located), such that a user can push the watch body 554 downward into the coupling mechanism 560 to attach the watch body 554 to the coupling mechanism 560. In some embodiments, the coupling mechanism 560 can be configured to receive a top side of the watch body 554 (e.g., a side proximate to the front side of the watch body 554 where the display 556 is located) that is pushed upward into the cradle, as opposed to being pushed downward into the coupling mechanism 560. In some embodiments, the coupling mechanism 560 is an integrated component of the watch band 562 such that the watch band 562 and the coupling mechanism 560 are a single unitary structure.

[0074] The wrist-wearable device 550 can include a single release mechanism 570 or multiple release mechanisms 570 (e.g., two release mechanisms 570 positioned on opposing sides of the wrist-wearable device 550 such as spring-loaded buttons). As shown in FIG. 5A, the release mechanism 570 can be positioned on the watch body 554 and/or the watch band coupling mechanism 560. Although FIG. 5A shows release mechanism 570 positioned at a corner of watch body 554 and at a corner of watch band coupling mechanism 560, the release mechanism 570 can be positioned anywhere on watch body 554 and/or watch band coupling mechanism 560 that is convenient for a user of wrist-wearable device 550 to actuate. A user of the wrist-wearable device 550 can actuate the release mechanism 570 by pushing, turning, lifting, depressing, shifting, or performing other actions on the release mechanism 570. Actuation of the release mechanism 570 can release (e.g., decouple) the watch body 554 from the watch band coupling mechanism 560 and the watch band 562 allowing the user to use the watch body 554 independently from watch band 562. For example, decoupling the watch body 554 from the watch band 562 can allow the user to capture images using rear-facing image sensor 525B.

[0075] FIG. 5B includes top views of examples of the wrist-wearable device 550. The examples of the wrist-wearable device 550 shown in FIGS. 5A-5B can include a coupling mechanism 560 (as shown in FIG. 5B, the shape of the coupling mechanism can correspond to the shape of the watch body 554 of the wrist-wearable device 550). The watch body 554 can be detachably coupled to the coupling mechanism 560 through a friction fit, magnetic coupling, a rotation-based connector, a shear-pin coupler, a retention spring, one or more magnets, a clip, a pin shaft, a hook and loop fastener, or any combination thereof.

[0076] In some examples, the watch body 554 can be decoupled from the coupling mechanism 560 by actuation of a release mechanism 570. The release mechanism 570 can include, without limitation, a button, a knob, a plunger, a handle, a lever, a fastener, a clasp, a dial, a latch, or a combination thereof. In some examples, the wristband system functions can be executed independently in the watch body 554, independently in the coupling mechanism 560, and/or in communication between the watch body 554 and the coupling mechanism 560. The coupling mechanism 560 can be configured to operate independently (e.g., execute functions independently) from watch body 554. Additionally, or alternatively, the watch body 554 can be configured to operate independently (e.g., execute functions independently) from the coupling mechanism 560. As described below with reference to the block diagram of FIG. 5A, the coupling mechanism 560 and/or the watch body 554 can each include the independent resources required to independently

execute functions. For example, the coupling mechanism **560** and/or the watch body **554** can each include a power source (e.g., a battery), a memory, data storage, a processor (e.g., a central processing unit (CPU)), communications, a light source, and/or input/output devices.

[0077] The wrist-wearable device **550** can have various peripheral buttons **572**, **574**, and **576**, for performing various operations at the wrist-wearable device **550**. Also, various sensors, including one or both of the sensors **564** and **565**, can be located on the bottom of the watch body **554**, and can optionally be used even when the watch body **554** is detached from the watch band **562**.

[0078] FIG. 5C is a block diagram of a computing system **5000**, according to at least one embodiment of the present disclosure. The computing system **5000** includes an electronic device **5002**, which can be, for example, a wrist-wearable device. The wrist-wearable device **550** described in detail above with respect to FIGS. 5A-5B is an example of the electronic device **5002**, so the electronic device **5002** will be understood to include the components shown and described below for the computing system **5000**. In some embodiments, all, or a substantial portion of the components of the computing system **5000** are included in a single integrated circuit. In some embodiments, the computing system **5000** can have a split architecture (e.g., a split mechanical architecture, a split electrical architecture) between a watch body (e.g., a watch body **554** in FIGS. 5A-5B) and a watch band (e.g., a watch band **562** in FIGS. 5A-5B). The electronic device **5002** can include a processor (e.g., a central processing unit **5004**), a controller **5010**, a peripherals interface **5014** that includes one or more sensors **5100** and various peripheral devices, a power source (e.g., a power system **5300**), and memory (e.g., a memory **5400**) that includes an operating system (e.g., an operating system **5402**), data (e.g., data **5410**), and one or more applications (e.g., applications **5430**).

[0079] In some embodiments, the computing system **5000** includes the power system **5300** which includes a charger input **5302**, a power-management integrated circuit (PMIC) **5304**, and a battery **5306**.

[0080] In some embodiments, a watch body and a watch band can each be electronic devices **5002** that each have respective batteries (e.g., battery **5306**), and can share power with each other. The watch body and the watch band can receive a charge using a variety of techniques. In some embodiments, the watch body and the watch band can use a wired charging assembly (e.g., power cords) to receive the charge. Alternatively, or in addition, the watch body and/or the watch band can be configured for wireless charging. For example, a portable charging device can be designed to mate with a portion of watch body and/or watch band and wirelessly deliver usable power to a battery of watch body and/or watch band.

[0081] The watch body and the watch band can have independent power systems **5300** to enable each to operate independently. The watch body and watch band can also share power (e.g., one can charge the other) via respective PMICs **5304** that can share power over power and ground conductors and/or over wireless charging antennas.

[0082] In some embodiments, the peripherals interface **5014** can include one or more sensors **5100**. The sensors **5100** can include a coupling sensor **5102** for detecting when the electronic device **5002** is coupled with another electronic device **5002** (e.g., a watch body can detect when it is coupled to a watch band, and vice versa). The sensors **5100** can include imaging sensors **5104** for collecting imaging data, which can optionally be the same device as one or more of the cameras **5218**. In some embodiments, the imaging sensors **5104** can be separate from the cameras **5218**. In some embodiments the sensors include an SpO2 sensor **5106**. In some embodiments, the sensors **5100** include an EMG sensor **5108** for detecting, for example muscular movements by a user of the electronic device **5002**. In some embodiments, the sensors **5100** include a capacitive sensor **5110** for detecting changes in potential of a portion of a user's body. In some embodiments, the sensors **5100** include a heart rate sensor **5112**. In some embodiments, the sensors **5100** include an inertial measurement unit (IMU) sensor **5114** for detecting, for example, changes in acceleration of the user's hand.

[0083] In some embodiments, the peripherals interface **5014** includes a near-field communication (NFC) component **5202**, a global-position system (GPS) component **5204**, a long-term evolution (LTE) component **5206**, and or a Wi-Fi or Bluetooth communication component **5208**.

[0084] In some embodiments, the peripherals interface includes one or more buttons (e.g., the peripheral buttons **576**, **574**, and **5572** in FIG. 5B), which, when selected by a user, cause operation to be performed at the electronic device **5002**.

[0085] The electronic device **5002** can include at least one display **5212**, for displaying visual affordances to the user, including user-interface elements and/or three-dimensional virtual objects. The display can also include a touch screen for inputting user inputs, such as touch gestures, swipe gestures, and the like.

[0086] The electronic device **5002** can include at least one speaker **5214** and at least one microphone **5216** for providing audio signals to the user and receiving audio input from the user. The user can provide user inputs through the microphone **5216** and can also receive audio output from the speaker **5214** as part of a haptic event provided by the haptic controller **5012**.

[0087] The electronic device **5002** can include at least one camera **5218**, including a front camera **5220** and a rear camera **5222**. In some embodiments, the electronic device **5002** can be a head-wearable device, and one of the cameras **5218** can be integrated with a lens assembly of the head-wearable device.

[0088] One or more of the electronic devices **5002** can include one or more haptic controllers **5012** and associated componentry for providing haptic events at one or more of the electronic devices **5002** (e.g., a vibrating sensation or audio output in response to an event at the electronic device **5002**). The haptic controllers **5012** can communicate with one or more electroacoustic devices, including a speaker of the one or more speakers **5214** and/or other audio components and/or electromechanical devices that convert energy into linear motion such as a motor, solenoid, electroactive polymer, piezoelectric actuator, electrostatic actuator, or other tactile output generating component (e.g., a component that converts electrical signals into tactile outputs on the device). The haptic controller **5012** can provide haptic events to that are capable of being sensed by a user of the electronic devices **5002**. In some embodiments, the one or more haptic controllers **5012** can receive input signals from an application of the applications **5430**.

[0089] Memory **5400** optionally includes high-speed random-access memory and optionally also includes non-volatile memory, such as one or more magnetic disk storage devices, flash memory devices, or other non-volatile solid-state memory devices. Access to the memory **5400** by other components of the electronic device **5002**, such as the one or more processors of the central processing unit **5004**, and the peripherals interface **5014** is optionally controlled by a memory controller of the controllers **5010**.

[0090] In some embodiments, software components stored in the memory **5400** can include one or more operating systems **5402** (e.g., a Linux-based operating system, an Android operating system, etc.). The memory **5400** can also include data **5410**, including structured data (e.g., SQL databases, MongoDB databases, GraphQL data, JSON data, etc.). The data **5410** can include profile data **5412**, sensor data **5414**, media file data **5416**, and image storage **5418**.

[0091] In some embodiments, software components stored in the memory **5400** include one or more applications **5430** configured to be perform operations at the electronic devices **5002**. In some embodiments, the memory **5400** includes one or more communication interface modules **5432**, one or more graphics modules **5434**, and AR processing modules **745** (described below in reference to FIG. 7). In some embodiments, a plurality of applications **5430** can work in conjunction with one another to perform various tasks at one or more of the electronic devices **5002**.

[0092] It should be appreciated that the electronic devices **5002** are only some examples of the electronic devices **5002** within the computing system **5000**, and that other electronic devices **5002** that are part of the computing system **5000** can have more or fewer components than shown optionally combines two or more components, or optionally have a different configuration or

arrangement of the components. The various components shown in FIG. 5C are implemented in hardware, software, firmware, or a combination thereof, including one or more signal processing and/or application-specific integrated circuits.

[0093] As illustrated by the lower portion of FIG. 5C, various individual components of a wrist-wearable device can be examples of the electronic device **5002**. For example, some or all of the components shown in the electronic device **5002** can be housed or otherwise disposed in a combined watch device **5002A**, or within individual components of the capsule device watch body **5002B**, the cradle portion **5002C**, and/or a watch band.

[0094] FIG. 5D illustrates a wearable device **5170**, in accordance with some embodiments. In some embodiments, the wearable device **5170** is used to generate control information (e.g., sensed data about neuromuscular signals or instructions to perform certain commands after the data is sensed) for causing a computing device to perform one or more input commands. In some embodiments, the wearable device **5170** includes a plurality of neuromuscular sensors **5176**. In some embodiments, the plurality of neuromuscular sensors **5176** includes a predetermined number of (e.g., 16) neuromuscular sensors (e.g., EMG sensors) arranged circumferentially around an elastic band **5174**. The plurality of neuromuscular sensors **5176** may include any suitable number of neuromuscular sensors. In some embodiments, the number and arrangement of neuromuscular sensors **5176** depends on the particular application for which the wearable device **5170** is used. For instance, a wearable device **5170** configured as an armband, wristband, or chest-band may include a plurality of neuromuscular sensors **5176** with different number of neuromuscular sensors and different arrangement for each use case, such as medical use cases as compared to gaming or general day-to-day use cases. For example, at least 16 neuromuscular sensors **5176** may be arranged circumferentially around elastic band **5174**.

[0095] In some embodiments, the elastic band **5174** is configured to be worn around a user's lower arm or wrist. The elastic band **5174** may include a flexible electronic connector **5172**. In some embodiments, the flexible electronic connector **5172** interconnects separate sensors and electronic circuitry that are enclosed in one or more sensor housings. Alternatively, in some embodiments, the flexible electronic connector **5172** interconnects separate sensors and electronic circuitry that are outside of the one or more sensor housings. Each neuromuscular sensor of the plurality of neuromuscular sensors **5176** can include a skin-contacting surface that includes one or more electrodes. One or more sensors of the plurality of neuromuscular sensors **5176** can be coupled together using flexible electronics incorporated into the wearable device **5170**. In some embodiments, one or more sensors of the plurality of neuromuscular sensors **5176** can be integrated into a woven fabric, wherein the fabric one or more sensors of the plurality of neuromuscular sensors **5176** are sewn into the fabric and mimic the pliability of fabric (e.g., the one or more sensors of the plurality of neuromuscular sensors **5176** can be constructed from a series woven strands of fabric). In some embodiments, the sensors are flush with the surface of the textile and are indistinguishable from the textile when worn by the user.

[0096] FIG. 5E illustrates a wearable device **5179** in accordance with some embodiments. The wearable device **5179** includes paired sensor channels **5185a-5185f** along an interior surface of a wearable structure **5175** that are configured to detect neuromuscular signals. Different number of paired sensors channels can be used (e.g., one pair of sensors, three pairs of sensors, four pairs of sensors, or six pairs of sensors). The wearable structure **5175** can include a band portion **5190**, a capsule portion **5195**, and a cradle portion (not pictured) that is coupled with the band portion **5190** to allow for the capsule portion **5195** to be removably coupled with the band portion **5190**. For embodiments in which the capsule portion **5195** is removable, the capsule portion **5195** can be referred to as a removable structure, such that in these embodiments the wearable device includes a wearable portion (e.g., band portion **5190** and the cradle portion) and a removable structure (the removable capsule portion which can be removed from the cradle). In some embodiments, the capsule portion **5195** includes the one or more processors and/or other components of the wearable

device **188** described above in reference to FIG. 7. The wearable structure **5175** is configured to be worn by a user **130**. More specifically, the wearable structure **5175** is configured to couple the wearable device **5179** to a wrist, arm, forearm, or other portion of the user's body. Each paired sensor channels **5185a-5185f** includes two electrodes **5180** (e.g., electrodes **5180a-5180h**) for sensing neuromuscular signals based on differential sensing within each respective sensor channel. In accordance with some embodiments, the wearable device **5170** further includes an electrical ground and a shielding electrode.

[0097] The techniques described above can be used with any device for sensing neuromuscular signals, including the arm-wearable devices of FIG. 5A-5C, but could also be used with other types of wearable devices for sensing neuromuscular signals (such as body-wearable or head-wearable devices that might have neuromuscular sensors closer to the brain or spinal column).

[0098] In some embodiments, a wrist-wearable device can be used in conjunction with a head-wearable device described below, and the wrist-wearable device can also be configured to be used to allow a user to control aspect of the artificial reality (e.g., by using EMG-based gestures to control user interface objects in the artificial reality and/or by allowing a user to interact with the touchscreen on the wrist-wearable device to also control aspects of the artificial reality). Having thus described example wrist-wearable device, attention will now be turned to example head-wearable devices, such AR glasses and VR headsets.

#### Example Head-Wearable Devices

[0099] FIG. 6A shows an example AR system **600** in accordance with some embodiments. In FIG. 6A, the AR system **600** includes an eyewear device with a frame **602** configured to hold a left display device **606-1** and a right display device **606-2** in front of a user's eyes. The display devices **606-1** and **606-2** may act together or independently to present an image or series of images to a user. While the AR system **600** includes two displays, embodiments of this disclosure may be implemented in AR systems with a single near-eye display (NED) or more than two NEDs.

[0100] In some embodiments, the AR system **600** includes one or more sensors, such as the acoustic sensors **604**. For example, the acoustic sensors **604** can generate measurement signals in response to motion of the AR system **600** and may be located on substantially any portion of the frame **602**. Any one of the sensors may be a position sensor, an IMU, a depth camera assembly, or any combination thereof. In some embodiments, the AR system **600** includes more or fewer sensors than are shown in FIG. 6A. In embodiments in which the sensors include an IMU, the IMU may generate calibration data based on measurement signals from the sensors. Examples of the sensors include, without limitation, accelerometers, gyroscopes, magnetometers, other suitable types of sensors that detect motion, sensors used for error correction of the IMU, or some combination thereof.

[0101] In some embodiments, the AR system **600** includes a microphone array with a plurality of acoustic sensors **604-1** through **604-8**, referred to collectively as the acoustic sensors **604**. The acoustic sensors **604** may be transducers that detect air pressure variations induced by sound waves. In some embodiments, each acoustic sensor **604** is configured to detect sound and convert the detected sound into an electronic format (e.g., an analog or digital format). In some embodiments, the microphone array includes ten acoustic sensors: **604-1** and **604-2** designed to be placed inside a corresponding ear of the user, acoustic sensors **604-3**, **604-4**, **604-5**, **604-6**, **604-7**, and **604-8** positioned at various locations on the frame **602**, and acoustic sensors positioned on a corresponding neckband, where the neckband is an optional component of the system that is not present in certain embodiments of the artificial-reality systems discussed herein.

[0102] The configuration of the acoustic sensors **604** of the microphone array may vary. While the AR system **600** is shown in FIG. 6A having ten acoustic sensors **604**, the number of acoustic sensors **604** may be more or fewer than ten. In some situations, using more acoustic sensors **604** increases the amount of audio information collected and/or the sensitivity and accuracy of the audio information. In contrast, in some situations, using a lower number of acoustic sensors **604**

decreases the computing power required by a controller to process the collected audio information. In addition, the position of each acoustic sensor **604** of the microphone array may vary. For example, the position of an acoustic sensor **604** may include a defined position on the user, a defined coordinate on the frame **602**, an orientation associated with each acoustic sensor, or some combination thereof.

[0103] The acoustic sensors **604-1** and **604-2** may be positioned on different parts of the user's ear. In some embodiments, there are additional acoustic sensors on or surrounding the ear in addition to acoustic sensors **604** inside the ear canal. In some situations, having an acoustic sensor positioned next to an ear canal of a user enables the microphone array to collect information on how sounds arrive at the ear canal. By positioning at least two of the acoustic sensors **604** on either side of a user's head (e.g., as binaural microphones), the AR device **600** is able to simulate binaural hearing and capture a 3D stereo sound field around a user's head. In some embodiments, the acoustic sensors **604-1** and **604-2** are connected to the AR system **600** via a wired connection, and in other embodiments, the acoustic sensors **604-1** and **604-2** are connected to the AR system **600** via a wireless connection (e.g., a Bluetooth connection). In some embodiments, the AR system **600** does not include the acoustic sensors **604-1** and **604-2**.

[0104] The acoustic sensors **604** on the frame **602** may be positioned along the length of the temples, across the bridge of the nose, above or below the display devices **606**, or in some combination thereof. The acoustic sensors **604** may be oriented such that the microphone array is able to detect sounds in a wide range of directions surrounding the user that is wearing the AR system **600**. In some embodiments, a calibration process is performed during manufacturing of the AR system **600** to determine relative positioning of each acoustic sensor **604** in the microphone array.

[0105] In some embodiments, the eyewear device further includes, or is communicatively coupled to, an external device (e.g., a paired device), such as the optional neckband discussed above. In some embodiments, the optional neckband is coupled to the eyewear device via one or more connectors. The connectors may be wired or wireless connectors and may include electrical and/or non-electrical (e.g., structural) components. In some embodiments, the eyewear device and the neckband operate independently without any wired or wireless connection between them. In some embodiments, the components of the eyewear device and the neckband are located on one or more additional peripheral devices paired with the eyewear device, the neckband, or some combination thereof. Furthermore, the neckband is intended to represent any suitable type or form of paired device. Thus, the following discussion of neckband may also apply to various other paired devices, such as smart watches, smart phones, wrist bands, other wearable devices, hand-held controllers, tablet computers, or laptop computers.

[0106] In some situations, pairing external devices, such as the optional neckband, with the AR eyewear device enables the AR eyewear device to achieve the form factor of a pair of glasses while still providing sufficient battery and computation power for expanded capabilities. Some, or all, of the battery power, computational resources, and/or additional features of the AR system **600** may be provided by a paired device or shared between a paired device and an eyewear device, thus reducing the weight, heat profile, and form factor of the eyewear device overall while still retaining desired functionality. For example, the neckband may allow components that would otherwise be included on an eyewear device to be included in the neckband thereby shifting a weight load from a user's head to a user's shoulders. In some embodiments, the neckband has a larger surface area over which to diffuse and disperse heat to the ambient environment. Thus, the neckband may allow for greater battery and computation capacity than might otherwise have been possible on a stand-alone eyewear device. Because weight carried in the neckband may be less invasive to a user than weight carried in the eyewear device, a user may tolerate wearing a lighter eyewear device and carrying or wearing the paired device for greater lengths of time than the user would tolerate wearing a heavy, stand-alone eyewear device, thereby enabling an artificial-reality environment to be incorporated

more fully into a user's day-to-day activities.

[0107] In some embodiments, the optional neckband is communicatively coupled with the eyewear device and/or to other devices. The other devices may provide certain functions (e.g., tracking, localizing, depth mapping, processing, storage, etc.) to the AR system **600**. In some embodiments, the neckband includes a controller and a power source. In some embodiments, the acoustic sensors of the neckband are configured to detect sound and convert the detected sound into an electronic format (analog or digital).

[0108] The controller of the neckband processes information generated by the sensors on the neckband and/or the AR system **600**. For example, the controller may process information from the acoustic sensors **604**. For each detected sound, the controller may perform a direction of arrival (DOA) estimation to estimate a direction from which the detected sound arrived at the microphone array. As the microphone array detects sounds, the controller may populate an audio data set with the information. In embodiments in which the AR system **600** includes an IMU, the controller may compute all inertial and spatial calculations from the IMU located on the eyewear device. The connector may convey information between the eyewear device and the neckband and between the eyewear device and the controller. The information may be in the form of optical data, electrical data, wireless data, or any other transmittable data form. Moving the processing of information generated by the eyewear device to the neckband may reduce weight and heat in the eyewear device, making it more comfortable and safer for a user.

[0109] In some embodiments, the power source in the neckband provides power to the eyewear device and the neckband. The power source may include, without limitation, lithium-ion batteries, lithium-polymer batteries, primary lithium batteries, alkaline batteries, or any other form of power storage. In some embodiments, the power source is a wired power source.

[0110] As noted, some artificial-reality systems may, instead of blending an artificial reality with actual reality, substantially replace one or more of a user's sensory perceptions of the real world with a virtual experience. One example of this type of system is a head-worn display system, such as the VR system **650** in FIG. **6B**, which mostly or completely covers a user's field of view.

[0111] FIG. **6B** shows a VR system **650** (e.g., also referred to herein as VR headsets or VR headset) in accordance with some embodiments. The VR system **650** includes a head-mounted display (HMD) **652**. The HMD **652** includes a front body **656** and a frame **654** (e.g., a strap or band) shaped to fit around a user's head. In some embodiments, the HMD **652** includes output audio transducers **658-1** and **658-2**, as shown in FIG. **6B** (e.g., transducers). In some embodiments, the front body **656** and/or the frame **654** includes one or more electronic elements, including one or more electronic displays, one or more IMUs, one or more tracking emitters or detectors, and/or any other suitable device or sensor for creating an artificial-reality experience.

[0112] Artificial-reality systems may include a variety of types of visual feedback mechanisms. For example, display devices in the AR system **600** and/or the VR system **650** may include one or more liquid-crystal displays (LCDs), light emitting diode (LED) displays, organic LED (OLED) displays, and/or any other suitable type of display screen. Artificial-reality systems may include a single display screen for both eyes or may provide a display screen for each eye, which may allow for additional flexibility for varifocal adjustments or for correcting a refractive error associated with the user's vision. Some artificial-reality systems also include optical subsystems having one or more lenses (e.g., conventional concave or convex lenses, Fresnel lenses, or adjustable liquid lenses) through which a user may view a display screen.

[0113] In addition to or instead of using display screens, some artificial-reality systems include one or more projection systems. For example, display devices in the AR system **600** and/or the VR system **650** may include micro-LED projectors that project light (e.g., using a waveguide) into display devices, such as clear combiner lenses that allow ambient light to pass through. The display devices may refract the projected light toward a user's pupil and may enable a user to simultaneously view both artificial-reality content and the real world. Artificial-reality systems may



also be configured with any other suitable type or form of image projection system.

[0114] Artificial-reality systems may also include various types of computer vision components and subsystems. For example, the AR system **600** and/or the VR system **650** can include one or more optical sensors such as two-dimensional (2D) or three-dimensional (3D) cameras, time-of-flight depth sensors, single-beam or sweeping laser rangefinders, 3D LiDAR sensors, and/or any other suitable type or form of optical sensor. An artificial-reality system may process data from one or more of these sensors to identify a location of a user, to map the real world, to provide a user with context about real-world surroundings, and/or to perform a variety of other functions. For example, FIG. **6B** shows VR system **650** having cameras **660-1** and **660-2** that can be used to provide depth information for creating a voxel field and a two-dimensional mesh to provide object information to the user to avoid collisions. FIG. **6B** also shows that the VR system includes one or more additional cameras **662** that are configured to augment the cameras **660-1** and **660-2** by providing more information. For example, the additional cameras **662** can be used to supply color information that is not discerned by cameras **660-1** and **660-2**. In some embodiments, cameras **660-1** and **660-2** and additional cameras **662** can include an optional IR cut filter configured to remove IR light from being received at the respective camera sensors.

[0115] In some embodiments, the AR system **600** and/or the VR system **650** can include haptic (tactile) feedback systems, which may be incorporated into headwear, gloves, body suits, handheld controllers, environmental devices (e.g., chairs or floormats), and/or any other type of device or system, such as the wearable devices discussed herein. The haptic feedback systems may provide various types of cutaneous feedback, including vibration, force, traction, shear, texture, and/or temperature. The haptic feedback systems may also provide various types of kinesthetic feedback, such as motion and compliance. The haptic feedback may be implemented using motors, piezoelectric actuators, fluidic systems, and/or a variety of other types of feedback mechanisms. The haptic feedback systems may be implemented independently of other artificial-reality devices, within other artificial-reality devices, and/or in conjunction with other artificial-reality devices.

[0116] The techniques described above can be used with any device for interacting with an artificial-reality environment, including the head-wearable devices of FIG. **6A-6B**, but could also be used with other types of wearable devices for sensing neuromuscular signals (such as body-wearable or head-wearable devices that might have neuromuscular sensors closer to the brain or spinal column). Additionally, the AR system **600** and/or the VR system **650** can perform the various functions and operations described above in reference to FIGS. **1A-4**. Having thus described example wrist-wearable device and head-wearable devices, attention will now be turned to example feedback systems that can be integrated into the devices described above or be a separate device.

#### Example System

[0117] FIG. **7** illustrates a system **700** of one or more devices for providing indications of biometric and other sensor data, in accordance with some embodiments. For example, a head-worn wearable device **110** can be configured to provide indications, via an illumination source, representative of an activity being performed by the user **130**, based on received and/or monitored sensor data. The indications are used to communicate different messages to a user **130** and/or others in proximity (e.g., within at least 5-10 meters) of the user **130**. The system **700** can include one or more of servers **770**, electronic devices **774** (e.g., a computer, **774a**, a smartphone **774b**, a controller **774c**, and/or other devices), head-worn wearable devices **110**, and/or wrist-wearable devices **188**. In some embodiments, the one or more of servers **770**, electronic devices **774**, head-worn wearable devices **110**, and/or wrist-wearable devices **188** are communicatively coupled via a network **772**. In some embodiments, the indications are provided via a head-worn wearable device **110** communicatively coupled with at least one other device, such as a wrist-wearable device **188**, a smartphone **774b**, a controller **774c**, or other device. Indications can be provided by multiple devices in conjunction with the head-worn wearable device **110**. For example, in some

embodiments, the indications are also provided via a wrist-wearable device **188** communicatively coupled with at least one other device. In some embodiments, the indications are controlled via an artificial reality (AR) processing module **745**. The AR processing module **745** can be implemented in one or more devices, such as the one or more of servers **770**, electronic devices **774**, head-worn wearable devices **110**, and/or wrist-wearable devices **188**. In some embodiments, the one or more devices perform operations of the AR processing module **745**, using one or more respective processors, individually or in conjunction with at least one other device as described herein.

[0118] In some embodiments, the head-worn wearable device **110** includes one or more components such as a communication interface **715b**, one or more sensors **725b**, an illumination source **727**, an AR processing module **745b**, one or more imaging devices **755b** (e.g., a camera), one or more processors **750b**, and memory **760b** (including sensor data **762b** and AR processing data **764b**). In addition, in some embodiments, the head-worn wearable device **110** includes a display **720b** and one or more applications **735b**. In some embodiments, the memory **760b** is configured to store sensor data **762b** and AR processing data **764b**. Although not shown, in some embodiments, the memory **760b** can include application data, device data (e.g., device hardware, device model, etc.), image data, and/or user data (e.g., data collected through use of a device, data collected through use of an application, user preferences, or other information stored by the user). In some embodiments, the head-worn wearable device **110** includes smart glasses (e.g., the augmented-reality glasses), artificial reality headsets (e.g., VR/AR headsets), or other head worn device. In some embodiments, one or more components of the head-worn wearable device **110** are housed within a body of the head-worn wearable device **110** (e.g., frames of smart glasses, a body of a AR headset, etc.). In addition, in some embodiments, one or more components of the head-worn wearable device **110** are stored within or coupled with lenses of the head-worn wearable device **110**.

[0119] In some embodiments, the communications interface **715** is configured to communicatively couple the head-worn wearable device **110** to one or more other devices such as the wrist-wearable device **188**, electronic device **774** (e.g., a computer **774a**, a smartphone **774b**, a controller **774c**, a tablet, etc.), and/or one or more servers **770**. The communication interface **715** is used establish wired or wireless connections between the wrist-wearable device **188** and the other devices. In some embodiments, the communication interface **715** includes hardware capable of data communications using any of a variety of custom or standard wireless protocols (e.g., IEEE 802.15.4, Wi-Fi, ZigBee, 6LoWPAN, Thread, Z-Wave, Bluetooth Smart, ISA100.11a, WirelessHART, or MiWi), custom or standard wired protocols (e.g., Ethernet or HomePlug), and/or any other suitable communication protocol.

[0120] An optional display **720** is configured to present information to the user **130**, such as one or more user interfaces, messages, notifications (e.g., alerts, alarms, etc.), images, and video. In some embodiments, the display **720** is an overhead display that displays information to a user without obstructing the user **130**'s view.

[0121] The one or more sensors **725** can include heart rate sensors, electromyography (EMG) sensors, SpO2 sensors, altimeters, thermal sensors or thermal couples, ambient light sensors, ambient noise sensors, and/or inertial measurement units (IMU)s. Additional non-limiting examples of the one or more sensors **725** include, e.g., infrared, pyroelectric, ultrasonic, microphone, laser, optical, Doppler, gyro, accelerometer, resonant LC sensors, capacitive sensors, acoustic sensors, and/or inductive sensors. In some embodiments, the one or more sensors **725** are configured to gather additional data about the user (e.g., an impedance of the user's body). Examples of sensor data output by these sensors includes body temperature data, infrared range-finder data, positional information, motion data, activity recognition data, silhouette detection and recognition data, gesture data, heart rate data, and other wearable device data (e.g., biometric readings and output, accelerometer data). The one or more sensors **725** can include location sensing devices (e.g., GPS) configured to provide location information. In some embodiment, the data

measured or sensed by the one or more sensors **760** is stored in memory **760**. In some embodiments, the sensor data is used by the head-worn wearable device **110** for communicating different messages, via indications generated by the illumination source **727**, that would assist the user **130** in performing an activity as discussed below.

[0122] The illumination source **727** can include one or more LEDs **127** (FIGS. **1A-2D**) or similar light sources. The illumination source **727** can be caused to illuminate in different patterns, illuminate in different colors, illuminate at different frequencies, etc. to communicate different messages to the user while the user is performing an activity (e.g., a workout). More specifically, the illumination source **727** can be caused to provide a variable light-based representation of an activity being performed by the user **130**. The variable light-based representations can be based on sensor data, active applications, device data, and/or other data streams, as discussed herein. In some embodiments, one or more illumination sources **727** can be coupled with a housing of the head-worn wearable device **110** and/or within one or more lenses of the head-worn wearable device **110**. One or more illumination sources **727** can be positioned at distinct locations of the head-worn wearable device **110** as shown and described above in reference to FIGS. **1A-1D**. In some embodiments, the one or more illumination sources **727** are positioned such that only the user **130** can view the variable light-based representation, the user **130** and others in proximity to the user **130** (e.g., within at least 5-10 meters) can view the variable light-based representation, and/or only others in proximity to the user **130** can view the variable light-based representation. Each illumination source **727** can be controlled individually such that each illumination source **727** can provide the same variable light-based representation or a distinct variable light-based representation. The different messages communicated to the user based on the variable light-based representation are discussed below in reference to the AR processing module **745**.

[0123] In some embodiments, the one or more applications **735** include social-media applications, banking applications, health applications, messaging applications, web browsers, gaming application, streaming applications, media applications, imaging applications, productivity applications, social applications, etc. In some embodiments, the one or more applications **735** include artificial reality applications. The one or more applications **735** can be configured to provide data to the head-worn wearable device **110** that can be used to determine variable light-based representations. In some embodiments, the one or more applications **735** can be displayed via an optional display of the head-worn wearable device **110**.

[0124] In some embodiments, the AR processing module **745** is configured dynamically determine one or more indications that would assist the user **130** in performing an activity based at least on sensor data. For example, the head-worn wearable device **110** can receive biometric data from one or more biometric sensors of a wrist-wearable device **188** worn by the user **130** and communicatively coupled to the head-worn wearable device **110**, and provide the received biometric data to the AR processing module **745**. The AR processing module **745** uses the biometric data to determine one or more indications that would assist the user **130** in performing an activity. The indications (or variable light-based representations) can be used to communicate to the user **130** satisfaction of one or more physiological-based thresholds, such as a hydration threshold, an oxygen level threshold, cardiovascular zone thresholds, a posture threshold, and/or other thresholds discussed in detail below. More specifically, the AR processing module **745** determines whether the sensor data satisfies one or more physiological-based thresholds and determines an indication to be provided to the user **130** for communicating satisfaction of the physiological-based thresholds. In some embodiments, the AR processing module **745** determines one or more physiological-based thresholds based on sensor data stored over a predetermined period of time (e.g., 1 week, 30 days, 3 months, etc.). In some embodiments, the AR processing module **745** dynamically determines the one or more physiological-based thresholds based on the user **130**'s performance of an activity (e.g., adjusting a physiological-based threshold when a user **130** is sick or performing a recovery workout). Instructions for generating the determined indications are

provided to the illumination source **727** to cause the illumination source **727** to illuminate in accordance with the determined indication.

[0125] In some embodiments, the one or more imaging devices **755** can include an ultra-wide camera, a wide camera, a telephoto camera, a depth-sensing cameras, or other types of cameras. In some embodiments, the one or more imaging devices **755** are used to capture image data and/or video data via the wrist-wearable device **188**. The captured image data can be processed and stored in memory and then presented to a user for viewing. The one or more imaging devices **755** can include one or more modes for capturing image data or video data. For example, these modes can include a high-dynamic range (HDR) image capture mode, a low light image capture mode, burst image capture mode, and other modes. In some embodiments, a particular mode is automatically selected based on the environment (e.g., lighting, movement of the device, etc.). For example, a wrist-wearable device with HDR image capture mode and a low light image capture mode active can automatically select the appropriate mode based on the environment (e.g., dark lighting may result in the use of low light image capture mode instead of HDR image capture mode). In some embodiments, the user can select the mode. The image data and/or video data captured by the one or more imaging devices **755** is stored in memory **760** (which can include volatile and non-volatile memory such that the image data and/or video data can be temporarily or permanently stored, as needed depending on the circumstances).

[0126] The one or more processors **750** can be implemented as any kind of computing device, such as an integrated system-on-a-chip, a microcontroller, a fixed programmable gate array (FPGA), a microprocessor, and/or other application specific integrated circuits (ASICs). The processor may operate in conjunction with memory **760**. The memory **760** may be or include random access memory (RAM), read-only memory (ROM), dynamic random access memory (DRAM), static random access memory (SRAM) and magnetoresistive random access memory (MRAM), and may include firmware, such as static data or fixed instructions, basic input/output system (BIOS), system functions, configuration data, and other routines used during the operation of the wrist-wearable device **188** and the processor **750**. The memory **760** also provides a storage area for data and instructions associated with applications and data handled by the processor **750**.

[0127] In some embodiments, the memory **760** stores at least the sensor data **762** and AR processing data **764**. The sensor data **762** includes sensor data monitored by one or more sensors **725** of the head-worn wearable device **110** and/or sensor data received from one or more devices communicative coupled with the head-worn wearable device **110**, such as a wrist-wearable device **188**, smartphone **774b**, etc. The sensor data **562** can include sensor data collected over a predetermined period of time that can be used by the AR processing module **745**. The AR processing data **764** can include one or more indications previously determined by the AR processing module **745**, user preference in the customization or determination of the indications (e.g., color preference, pattern preference, frequency preference, etc.), one or more predefined physiological-based thresholds, and one or more physiological-based thresholds determined by the AR processing module **745**.

[0128] The wrist-wearable device **188** can include a communication interface **715a**, a display **720**, one or more sensors **725a**, an illumination source **727a**, one or more imaging devices **755a** (e.g., a camera), one or more applications **735a**, one or more processors **750a**, and memory **760a** (including sensor data **762a** and AR processing data **764a**). In some embodiments, the display **720a** of the wrist-wearable device **188** operates as an illumination source **727a**. In some embodiments, the one or more components of the wrist-wearable device **188** are housed within a capsule (or watch body) and/or a band of the wrist-wearable device **188**. The wrist-wearable device **188** is configured to communicatively couple with the head-worn wearable device **110** (or other devices (e.g., electronic device **774**)) using communication interface **715a**. In some embodiments, the wrist-wearable device **188** is configured to communicatively couple with the head-worn wearable device **110** (or other devices (e.g., electronic device **774**)) via an application programming interface

(API). In some embodiments, the wrist-wearable device **188** operates in conjunction with the head-worn wearable device **110** to determine a variable light-based representation of an activity performed by the user **130**. Similar to the head-worn wearable device **110**, the wrist-wearable device **188** can use the AR processing module **745a** to generate instructions that cause an illumination source **727a** to illuminate in accordance with the determined variable light-based representation.

[0129] Electronic devices **774** can also include a communication interface **715d**, a display **720d**, one or more sensors **725d**, one or more applications **735d**, an AR processing module **745d**, one or more processors **750d**, and memory **760d** (including sensor data **762d** and AR processing data **764d**). Although not shown, in some embodiments, the electronic devices **774** can include an illumination source **727d** and/or one or more imaging devices **755d**. The electronic devices **774** are configured to communicatively couple with the head-worn wearable device **110** (or other devices) using communication interface **715d**. In some embodiments, the electronic devices **774** are configured to communicatively couple with the head-worn wearable device **110** (or other devices) via an application programming interface (API). In some embodiments, the electronic devices **774** operate in conjunction with the head-worn wearable device **110** to determine a variable light-based representation of an activity performed by the user **130**. The electronic devices **774**, like the head-worn wearable device **110**, can use the AR processing module **745d** to generate instructions that cause an illumination source **727** to illuminate in accordance with the determined variable light-based representation.

[0130] Server **770** includes a communication interface **715c**, one or more applications **735c**, an AR processing module **745c**, one or more processors **750c**, and memory **760c** (including sensor data **762c** and AR processing data **764c**). In some embodiments, the server **770** is configured to receive sensor data from one or more devices, such as the head-worn wearable device **110**, the wrist-wearable device **188**, and/or electronic device **774**, and use the received sensor data to determine a variable light-based representation (using the AR processing module **745c**). The server **770** can generate instructions that cause an illumination source **727c** to illuminate in accordance with the determined variable light-based representation and provides the generated instruction to one or more communicatively coupled devices, such as the head-worn wearable device **110**.

[0131] Further embodiments also include various subsets of the above embodiments including embodiments described with reference to FIGS. **1A-7** combined or otherwise re-arranged.

#### Example Aspects

[0132] A few example aspects will now be briefly described. [0133] (A1) In accordance with some embodiments, a method of coordinating display of biometric data at a head-worn wearable device based on sensor data from a wrist-wearable device is disclosed. The method includes receiving an indication that a user of a head-worn wearable device is performing a physical activity. The head-worn wearable device includes at least one light-emitting diode visible to the user while wearing the head-worn wearable device, and the head-worn wearable device is in communication with a wrist-wearable device worn by the user during the physical activity, the wrist-wearable device being configured to sense biometric data for the user during the physical activity. The method includes, after receiving the indication and while the user is performing the physical activity, in accordance with a determination that the biometric data satisfies a physiological-based threshold indicating that information about the biometric data would assist the user in performing the physical activity, causing the head-worn wearable device to present, via the at least one light-emitting diode of the head-worn wearable device, the information about the biometric data. [0134] (A2) In some embodiments of A1, the method further includes while the user is performing the physical activity receiving position data sensed by one or more sensors of the wrist-wearable device, the one or more sensors being distinct from a biometric sensor used to sense the biometric data, and in accordance with a determination that the position data indicates that the user requires guidance in performing the physical activity, causing the head-worn wearable device to present, via

the at least one light-emitting diode of the head-worn wearable device, guidance to assist the user in performing the physical activity. [0135] (A3) In some embodiments of A2, the guidance to assist the user in performing the physical activity is caused to be presented in conjunction with audible feedback, presented via a speaker of the head-worn wearable device, that also assists the user in performing the physical activity. [0136] (A4) In some embodiments of A2, the determination that the position data indicates that the user requires guidance is made when it is determined that the position data indicates that the user is incorrectly performing the physical activity. [0137] (A5) In some embodiments of any of A1-A4, the head-worn wearable device includes a plurality of light-emitting diodes, including the at least one light-emitting diode, and the information about the biometric data is caused to be provided using more than one of the plurality of light-emitting diodes. [0138] (A6) In some embodiments of any of A1-A4, the head-worn wearable device includes a plurality of light-emitting diodes, including the at least one light-emitting diode, the information about the biometric data is caused to be provided using only the at least one light-emitting diode, and the wrist-wearable device is configured to monitor additional biometric data for the user during the physical activity, the additional biometric data being sensed using an additional biometric sensor that is distinct from a biometric sensor used to send the biometric data. The method further includes, while the user is performing the physical activity, in accordance with a determination that additional biometric data satisfies an additional physiological-based threshold, distinct from the physiological-based threshold, indicating that information about the additional biometric data would assist the user in performing the physical activity, causing the head-worn wearable device to present, via an additional light-emitting diode of the plurality of light-emitting diodes, the information about the additional biometric data. [0139] (A7) In some embodiments of A6, the information about the additional biometric data and the information about the biometric data are caused to be presented via the additional light-emitting diode and the at least one light-emitting diode, respectively, during an overlapping period of time. [0140] (A8) In some embodiments of A6 or A7, the wrist-wearable device is configured to monitor further biometric data for the user during the physical activity, the further biometric data being sensed using one other biometric sensor that is distinct from the biometric sensor and the additional biometric sensor. The method further includes while the user is performing the physical activity, in accordance with a determination that further biometric data satisfies a further physiological-based threshold, distinct from the physiological-based threshold and the additional physiological-based threshold, indicating that information about the further biometric data would assist the user in performing the physical activity, causing the head-worn wearable device to present, via a further light-emitting diode of the plurality of light-emitting diodes, the information about the further biometric data. [0141] (A9) In some embodiments of A8, the information about the additional biometric data, the information about the biometric data, and the information about the further biometric data are caused to be presented via the additional light-emitting diode, the at least one light-emitting diode, and the further light-emitting diode, respectively, during an overlapping period of time. [0142] (A10) In some embodiments of any of A1-A9, the physiological-based threshold is associated with a type of the physical activity performed by the user, the biometric data sensed by the wrist-wearable device is biometric data of a first type, and at least one different physiological-based threshold, distinct from the physiological-based threshold, is used to determine when to cause presentation of information about biometric data of the first type when the user is performing a different physical activity. [0143] (A11) In some embodiments of any of A1-A10, the method further includes responsive to a determination that the user of the head-worn wearable device is performing the physical activity, monitoring, by the head-worn wearable device, biometric data sensed by a biometric sensor of the head-worn wearable device and in accordance with a determination that the biometric data sensed by the biometric sensor of the head-worn wearable device satisfies the physiological-based threshold indicating that information about the biometric data would assist the user in performing the physical activity, causing the head-worn wearable device to present, via one

other light-emitting diode of the head-worn wearable device, the information about the biometric data sensed by the biometric sensor of the head-worn wearable device. [0144] (A12) In some embodiments of A11, the one other light-emitting diode is the same as the at least one light-emitting diode, the biometric data sensed by the biometric sensor of the head-worn wearable device and the biometric data sensed by the wrist-wearable device for the user during the physical activity are analyzed together to produce consolidated biometric data, and the information about the biometric data sensed by the biometric sensor of the head-worn wearable device and the information about the biometric data are caused to be presented by causing presentation of information about the consolidated biometric data. [0145] (A13) In some embodiments of any of A1-A12, the method further includes responsive to a determination that the user of the head-worn wearable device is performing the physical activity, monitoring, by the head-worn wearable device, position data sensed by one or more sensors of the head-worn wearable device. The method also includes, in accordance with a determination that the position data sensed by the one or more sensors of the head-worn wearable device indicates that the user requires guidance in performing the physical activity, causing the head-worn wearable device to present, via the at least one light-emitting diode of the head-worn wearable device, guidance to assist the user in performing the physical activity. [0146] (A14) In some embodiments of any of A1-A13, a determination that the user of the head-worn wearable device is performing the physical activity is based on one or more of position data sensed by one or more sensors of the head-worn wearable device, biometric data sensed by a biometric sensor of the head-worn wearable device, and an input command provided by the user at the head-worn wearable device. [0147] (A15) In some embodiments of A14, a determination that the user of the head-worn wearable device is performing the physical activity is further based on one or more of position data sensed by one or more sensors of the wrist-wearable device, biometric data sensed by a biometric sensor of the wrist-wearable device, and an input command provided by the user at the wrist-wearable device. [0148] (A16) In some embodiments of any of A1-A15, the head-worn wearable device includes a housing, and the at least one light-emitting diode is coupled with the housing of the head-worn wearable device. [0149] (A17) In some embodiments of any of A1-A16, the head-worn wearable device includes one or more lenses, and the at least one light-emitting diode is coupled with the one or more lenses of the head-worn wearable device. [0150] (A18) In some embodiments of any of A1-A17, the physiological-based threshold includes one or more of a hydration threshold, a velocity threshold, an oxygen level threshold, a heart-rate zone threshold, a stress threshold, and a posture threshold. [0151] (A19) In some embodiments of any of A1-A18, the head-worn wearable device does not include a heads-up display. [0152] (A20) In some embodiments of any of A1-A19, causing presentation of the information about the biometric data via the at least one light-emitting diode of the head-worn wearable device includes causing illumination of the light-emitting diode using one or more of a plurality of patterns, frequencies, and colors. [0153] (B1) In accordance with some embodiments, a head-worn wearable device for coordinating display of biometric data, the head-worn wearable device configured to perform or cause performance of the method of any of A1-A20. [0154] (C1) In accordance with some embodiments, a system for coordinating display of biometric data at a head-worn wearable device based on sensor data from a wrist-wearable device, the system configured to perform or cause performance of the method of any of A1-A20. [0155] (D1) In accordance with some embodiments, non-transitory, computer-readable storage medium including instructions that, when executed by a head-worn wearable device, a wrist-wearable device, or an intermediary device in communication with the head-worn wearable device and the wrist-wearable device, cause performance of the method of any of A1-A20. [0156] (E1) In another aspect, a means on a wrist-wearable device, head-worn wearable device, and/or intermediary device for performing or causing performance of the method of any of claims A1-A20. [0157] (F1) In accordance with some embodiments, a wrist-wearable device for coordinating display of biometric data, the wrist-wearable device configured to perform or cause performance of the method of any of claims A1-

A20.

[0158] Any data collection performed by the devices described herein and/or any devices configured to perform or cause the performance of the different embodiments described above in reference to any of the Figures, hereinafter the “devices,” is done with user consent and in a manner that is consistent with all applicable privacy laws. Users are given options to allow the devices to collect data, as well as the option to limit or deny collection of data by the devices. A user is able to opt-in or opt-out of any data collection at any time. Further, users are given the option to request the removal of any collected data.

[0159] It will be understood that, although the terms “first,” “second,” etc. may be used herein to describe various elements, these elements should not be limited by these terms. These terms are only used to distinguish one element from another.

[0160] The terminology used herein is for the purpose of describing particular embodiments only and is not intended to be limiting of the claims. As used in the description of the embodiments and the appended claims, the singular forms “a,” “an” and “the” are intended to include the plural forms as well, unless the context clearly indicates otherwise. It will also be understood that the term “and/or” as used herein refers to and encompasses any and all possible combinations of one or more of the associated listed items. It will be further understood that the terms “comprises” and/or “comprising,” when used in this specification, specify the presence of stated features, integers, steps, operations, elements, and/or components, but do not preclude the presence or addition of one or more other features, integers, steps, operations, elements, components, and/or groups thereof.

[0161] As used herein, the term “if” can be construed to mean “when” or “upon” or “in response to determining” or “in accordance with a determination” or “in response to detecting,” that a stated condition precedent is true, depending on the context. Similarly, the phrase “if it is determined [that a stated condition precedent is true]” or “if [a stated condition precedent is true]” or “when [a stated condition precedent is true]” can be construed to mean “upon determining” or “in response to determining” or “in accordance with a determination” or “upon detecting” or “in response to detecting” that the stated condition precedent is true, depending on the context.

[0162] The foregoing description, for purpose of explanation, has been described with reference to specific embodiments. However, the illustrative discussions above are not intended to be exhaustive or to limit the claims to the precise forms disclosed. Many modifications and variations are possible in view of the above teachings. The embodiments were chosen and described in order to best explain principles of operation and practical applications, to thereby enable others skilled in the art.

## Claims

1. A method of monitoring posture, comprising: in accordance with a determination that a sensor of a pair of smart glasses includes data that indicates a wearer has a first posture, notifying the wearer at another device that they have a first posture; and in accordance with a determination that the sensor of the pair of smart glasses includes additional data that indicates the wearer has a second posture distinct from the first posture, notifying the wearer at another device that they have a second posture.
2. The method of claim 1, comprising: in accordance with a determination that the wearer is not viewing the other device, notifying the wearer that they have the first posture at the pair of smart glasses or notifying the wearer that they have the second posture at the pair of smart glasses.
3. The method of claim 2, wherein the notifying is an audible feedback provided at the pair of smart glasses.
4. The method of claim 1, wherein: the notifying the wearer that they have the first posture includes providing a first visual indication; and the notifying the wearer that they have the second posture includes providing a second visual indication that is different from the first visual indication.



5. The method of claim 1, wherein monitoring posture of the wearer occurs while the wearer is performing an exercise.
  6. The method of claim 4, wherein monitoring the posture of the wearer aids in performing an exercise correctly.
  7. A pair of smart glasses, comprising: one or more programs, wherein the one or more programs are stored in memory and configured to be executed by one or more processors, the one or more programs including instructions for: in accordance with a determination that a sensor of the pair of smart glasses includes data that indicates a wearer has a first posture, notifying the wearer at another device that they have a first posture; and in accordance with a determination that the sensor of the pair of smart glasses includes additional data that indicates the wearer has a second posture distinct from the first posture, notifying the wearer at another device that they have a second posture.
  8. The pair of smart glasses of claim 7, wherein the one or more programs including instructions for: in accordance with a determination that the wearer is not viewing the other device, notifying the wearer that they have the first posture at the pair of smart glasses or notifying the wearer that they have the second posture at the pair of smart glasses.
  9. The pair of smart glasses of claim 8, wherein the notifying is an audible feedback provided at the pair of smart glasses.
  10. The pair of smart glasses of claim 7, wherein: the notifying the wearer that they have the first posture includes providing a first visual indication; and the notifying the wearer that they have the second posture includes providing a second visual indication that is different from the first visual indication.
  11. The pair of smart glasses of claim 7, wherein monitoring posture of the wearer occurs while the wearer is performing an exercise.
  12. The pair of smart glasses of claim 11, wherein monitoring the posture of the wearer aids in performing an exercise correctly.
  13. A non-transitory computer-readable storage medium including instructions that, when executed by a pair of smart glasses, cause the pair of smart glasses to: in accordance with a determination that a sensor of a pair of smart glasses includes data that indicates a wearer has a first posture, notify the wearer at another device that they have a first posture; and in accordance with a determination that the sensor of the pair of smart glasses includes additional data that indicates the wearer has a second posture distinct from the first posture, notify the wearer at another device that they have a second posture.
  14. The non-transitory computer-readable storage medium of claim 13, wherein the instructions, that when executed by the pair of smart glasses, further cause the pair of smart glasses to: in accordance with a determination that the wearer is not viewing the other device, notify the wearer that they have the first posture at the pair of smart glasses or notifying the wearer that they have the second posture at the pair of smart glasses.
  15. The non-transitory computer-readable storage medium of claim 14, wherein the notifying is an audible feedback provided at the pair of smart glasses.
  16. The non-transitory computer-readable storage medium of claim 13, wherein: the notifying the wearer that they have the first posture includes providing a first visual indication; and the notifying the wearer that they have the second posture includes providing a second visual indication that is different from the first visual indication.
  17. The non-transitory computer-readable storage medium of claim 13, wherein monitoring posture of the wearer occurs while the wearer is performing an exercise.
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