

# FAQ – Lachesis Wearable

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Here are answers to common questions from Lachesis users:

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### ### ■ What does Lachesis monitor?

Lachesis tracks:

- Heart Rate (resting, active)
- Blood Pressure (systolic/diastolic trends)
- Sleep Quality (duration, interruptions)
- Hydration Indicators (estimation based on behavior patterns)

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### ### ■ How often does it sync with the app?

By default, Lachesis syncs every 30 minutes. You can trigger a manual sync in the app anytime.

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### ### ■ Can I wear it while showering?

Lachesis is water-resistant, not waterproof. You should remove it before showers or swimming.

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### ### ■ How can I view my daily or weekly health summaries?

Open the Lachesis app and navigate to:

**\*\*Dashboard → Health Summary → Select Day or Week\*\***

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### ### ■ What does the chatbot do?

The built-in chatbot can:

- Explain your health data
- Share general health tips
- Interpret metrics like heart rate, BP, sleep
- Answer questions about using Lachesis

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### ### ■ What if the band stops working?

Try:

1. Charging fully
2. Rebooting the app and wearable
3. Re-pairing via Bluetooth

If issues continue, contact support at:

**\*\*support@lachesis-health.com\*\***

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Stay healthy and hydrated. Your Lachesis assistant is here to help!