Best Self AI

Voice-powered health coaching that knows your body

Key Features

🎙️ Voice Chat

Tap and talk naturally. AI responds with a realistic voice via ElevenLabs text-to-speech.

○ Oura Integration

Pulls sleep, readiness, activity, HRV, and stress data from your Oura Ring automatically.
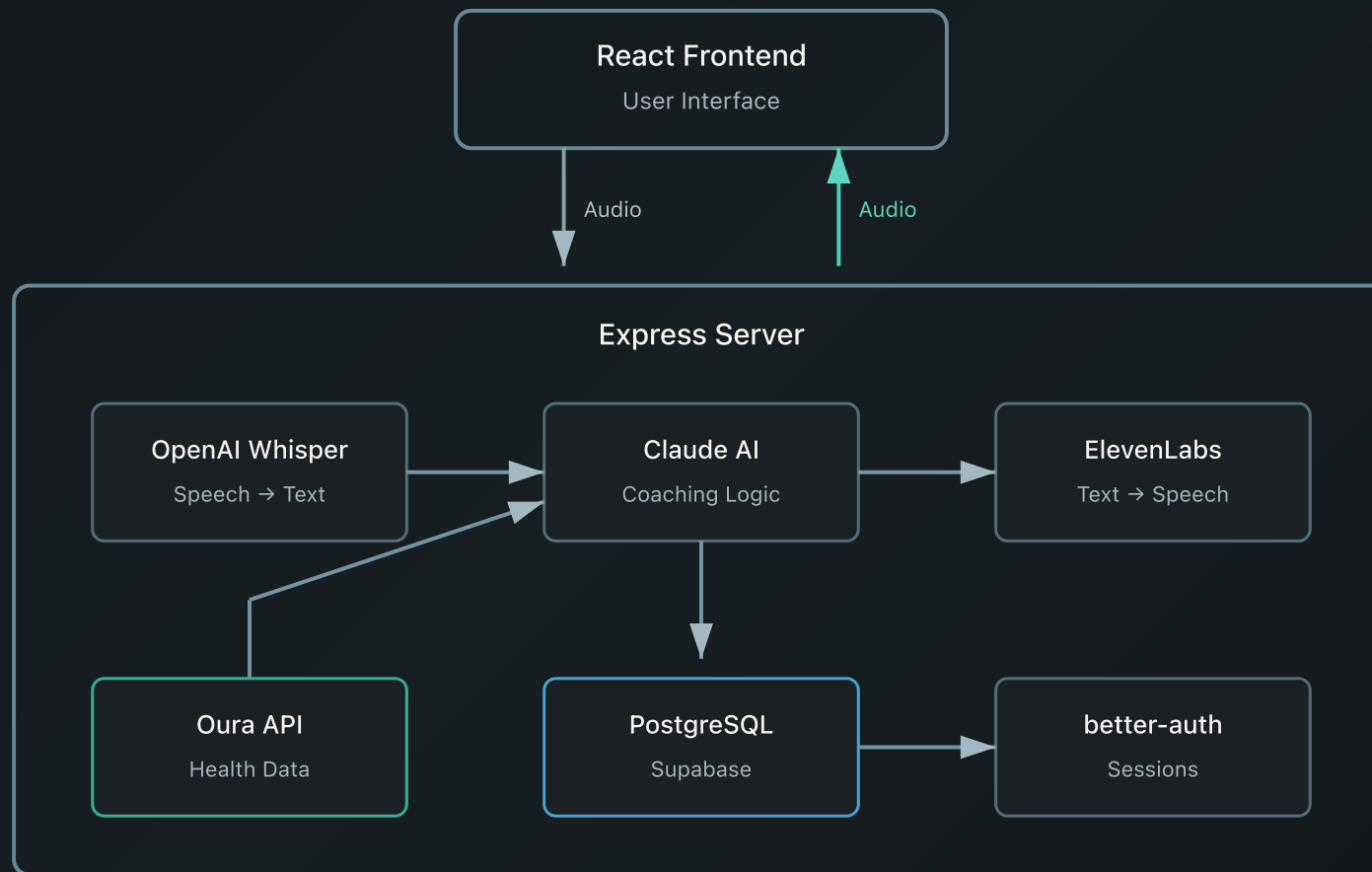
◈ Claude AI Coach

Personalized guidance based on your health metrics and conversation context.

▤ Health Dashboard

7-day trends, sleep stages, heart rate charts, and contextual daily insights.

System Architecture

How The Parts Work Together

→ **You speak** — Browser captures audio via MediaRecorder

→ **Audio sent** — Express server receives the audio file

→ **Transcribed** — OpenAI Whisper converts speech to text

→ **Context added** — Oura API provides yesterday's sleep + readiness

→ **AI responds** — Claude generates personalized coaching advice

→ **Voice output** — ElevenLabs converts text to natural speech

→ **Persistence** — Conversation saved to database for continued context

Benefits & Goals

→ **Hands-free / unintrusive** — Talk naturally, no typing required

→ **Context-aware** — AI sees your actual health data

→ **Personalized** — Adapts to your patterns over time

→ **Continuous** — Conversations persist for deeper insights

→ **Actionable** — Real guidance, not generic advice

Live Demo

best-self-ai.onrender.com

$\rightarrow$ Open on phone — Tap mic button to record

$\rightarrow$ "How did I sleep last night?"

$\rightarrow$ Show dashboard health metrics

Sign up and check it out!