**WRISTWATCH**

A regular wristwatch with sensors in it could make your life easier by collecting important data, but it could also make it more difficult. The sensors in the watch might detect body conditions such as the amount of fluids in your body, your emotions (stress levels), and your temperature. Camera sensors in the wristwatch can see like your location, what you are doing, and who you are with. With audio sensors, the watch could also record conversations, noises around you, and hear sounds that are not audible to the human ear. Finally, other types of sensors could recognize deadly gases, bad odors, and radiation or radio signals.

The wearer could use the camera and audio to take notes in classes, meetings, and other situations. When the watch detects your stress level, you could take actions to reduce your stress by eliminating situations or adding more relaxing things into your day. People already use watches that measure their heart rate when exercising to see if their exercise is strenuous. You can also use the watch as a GPS to get from place to place. Emergency workers can use the watch to detect poisonous gases or radiation to avoid dangerous situations.

When it comes to medical conditions, putting things online will be helpful because it will be much easier for your caregiver to already have background information on you. For example, if you are harmed the sensors would have sent information online that could be accessed that could help the caregiver have a better understanding of your health, such as your diet and medical history. The police could use location information to find missing people. Camera and audio recordings could also provide evidence if you are a victim of crime or help prove that you are innocent if you are falsely charged of a crime.

Wristwatch sensors could lessen the wearer’s privacy in many ways. Parents could monitor their children by using the camera and audio recorders. Business owners could monitor their employees in the same way to see if their employees are productive or to make hiring decisions. Insurance companies could use health data to deny claims.

All in all, a wristwatch with sensors has many pros and cons.

