

Recommandations

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There are ways that this smart device can be used from a more user-centric perspective.

1. Users are mostly sedentary. People who have active sports life need to be explored and an improved version marketed to them.
2. Users' fitness is not in the healthy zone and they are at risk of being overweight.
3. The device can direct them to control their calorie intake.
4. The time spent in bed might be reduced by incorporating it into daily metrics.