

## A Validation of Six Wearable Devices for Estimating Sleep, Heart Rate and Heart Rate Variability in Healthy Adults

Miller et al. 2022, *Sensors*



# VS

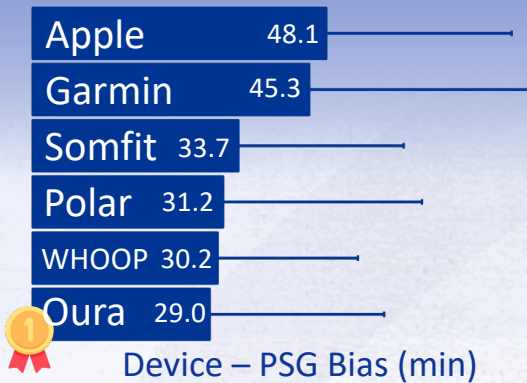


Wearables

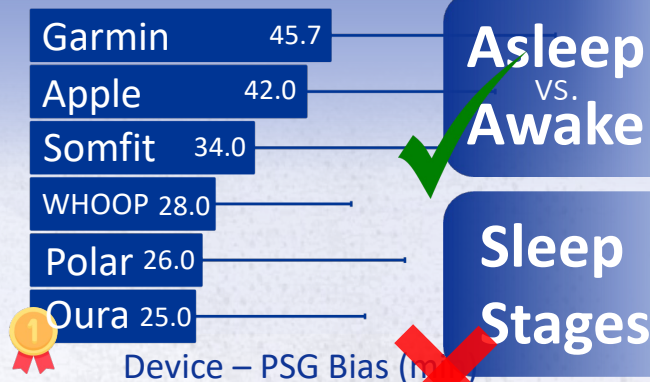
Polysomnography

Agreement for sleep and wake time, HR and HRV differs across devices

Sleep Time



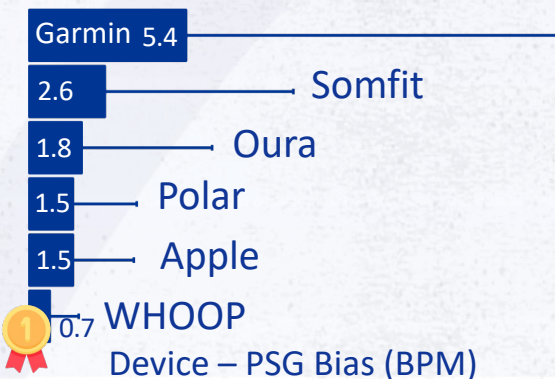
Wake Time



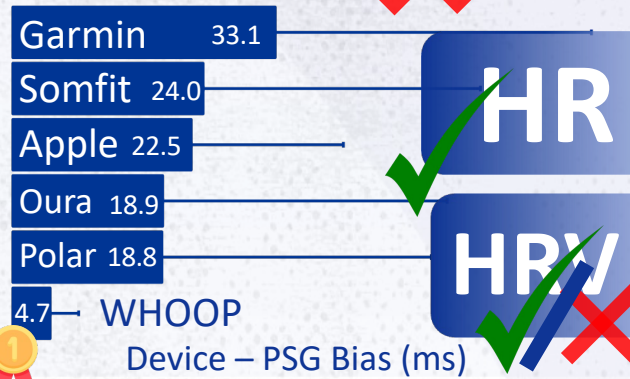
Asleep  
VS.  
Awake

Sleep  
Stages

Heart Rate



HRV (RMSSD)



HR

HRV