

10:09

Heart Rate

Current

91  BPM

88 BPM, 1m ago

Resting Heart Rate

72

Apple Watch Heartbeat

Kerry Atkinson, Prof. David Mabey



Apple Watch Heartbeat:

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Heart Rate Variability Analysis with the R package RHRV Constantino Antonio García Martínez,Abraham Otero Quintana,Xosé A. Vila,María José Lado Touriño,Leandro Rodríguez-Liñares,Jesús María Rodríguez Presedo,Arturo José Méndez Penín,2024-09-26 This book introduces readers to the fundamental concepts of Heart Rate Variability HRV and its most important analysis algorithms using a hands on approach based on the open source RHRV software HRV refers to the variation over time of the intervals between consecutive heartbeats Despite its apparent simplicity HRV is one of the most important markers of autonomic nervous system activity and it has been recognized as a useful predictor of several pathologies The book discusses all the basic HRV topics including the physiological contributions to HRV clinical applications HRV data acquisition HRV data manipulation and HRV analysis using time domain frequency domain time frequency nonlinear and fractal techniques Detailed examples based on real data sets are provided throughout the book to illustrate the algorithms and discuss the physiological implications of the results Offering a comprehensive guide to analyzing beat information with RHRV the book is intended for masters and Ph D students in various disciplines such as biomedical engineering human and veterinary medicine biology and pharmacy as well as researchers conducting heart rate variability analyses on both human and animal data The second edition of the book has been updated to RHRV version 5 0 This version introduces a functionality to perform heart rate variability analysis on entire populations This functionality automates and

streamlines both the calculation of HRV indices in the time frequency and nonlinear domains as well as the subsequent statistical analysis

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The Internet of Things, revised and updated edition Samuel Greengard, 2021-08-24 A guided tour of the rapidly evolving networked world of connected devices objects and people that is changing the way we live and work Since the publication of the original edition of this volume in the MIT Press Essential Knowledge series the Internet of Things IoT has evolved from a novelty look my phone connects to my lamp to a mainstream technology framework that we rely on every day to accomplish many tasks This revised and updated edition reports on the latest developments in this rapidly evolving networked world of connected devices objects and people that is changing the way we live and work Business and technology writer Samuel Greengard takes us on a guided tour of the IoT describing smart lightbulbs sensors in phones that trigger earthquake warnings 3D headsets that connect users to business expos through completely immersive virtual reality environments and more He offers a clear explanation of the technology that builds and manages the IoT and examines the growing array of consumer devices now available from smart door locks to augmented reality fitting rooms Greengard also shows how the IoT is part of the Fourth Industrial Revolution which is transforming business through smart manufacturing end to end supply chain visibility integrated artificial intelligence and much more He considers risks associated with the IoT including threats to free speech growing inequality and an increase in cybercrime Finally he takes a look at the future of a hyperconnected world and what it means to people and human interaction

Revolutionizing Tropical Medicine Kerry Atkinson, Prof. David Mabey, 2019-05-23 A comprehensive resource describing innovative technologies and digital health tools that can revolutionize the delivery of health care in low to middle income countries particularly in remote rural impoverished communities Revolutionizing Tropical Medicine offers an up to date guide for healthcare and other professionals working in low resource countries where access to health care facilities for diagnosis and treatment is challenging Rather than suggesting the expensive solution of building new bricks and mortar clinics and hospitals and increasing the number of doctors and nurses in these deprived areas the authors propose a complete change of mindset They outline a number of ideas for improving healthcare including rapid diagnostic testing for infectious and non infectious diseases at a point of care facility together with low cost portable imaging devices In addition the authors recommend a change in the way in which health care is delivered This approach requires task shifting within the

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