Wearables Weekly

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Who Owns Your Steps?

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Fitness trackers, smartwatches, and other wearables are becoming more mainstream and subsequently generating large amounts of data. Most companies developing wearables, however, have made it challenging for users to download their data or integrate it with other services. Increasingly, people are demanding access to health data generated by consumer devices. This has sparked a campaign to liberate health data from institutions that have not been eager to share it. In response, some companies are adjusting their data export policies.

Why Smartwatches Aren't Great For Tracking Sleep – Yet!

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While smartwatches like Apple Watch and Android Wear are useful for tracking steps, location, and heart rate, they are not great at tracking sleep. This is mostly due to the inductive charging technology that these devices employ. Inductive charging technology allows smartwatches to charge wirelessly without cumbersome cords, but requires the devices to be extremely close together. Consequently, smartwatch users generally have to charge their devices overnight and cannot take advantage of the multitude of apps available for tracking sleep.

Dropping Apple Watch Sales Are Not The Apocalypse For Apple

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With estimates suggesting that Apple Watch sales have plummeted 90% (from 200,000 per day to less than 20,000), some people have interpreted this as a bad sign for Apple and the wearables market more broadly. Even if sales have decreased to 20,000 per day or less, Apple is still out-selling its primary competitors in the smartwatch market: Android and Pebble. Regardless of how the Apple Watch performs, the technology is laying the groundwork for future Apple devices and smartwatches.

Other Health Technology Headlines:

NIH seeks feedback on how to collect clinical data via smartphones, wearables

NHS awards 'up to £50,000' to 17 healthcare tech entrepreneurs

Personal health in the digital age

Providers don't talk wearables with patients

Penn State researchers to investigate Apple Watch as learning tool

THE WEARABLES REPORT: Growth trends, consumer attitudes, and why smartwatches will dominate

Easier blood-sugar monitoring for diabetics

Who controls the data? U.S. Supreme Court agrees to hear healthcare case

Teladoc raises $157M in first IPO for mobile-enabled video visits

Using data to increase patient engagement in health care

Transforming health care for those who need it most

Can big data help you get a good night's sleep?