



Wearables Weekly

Compiled by Sarah Kunkle and Gillian Christie

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Featured this week: Apple previews new health features in its next software update for Apple Watch and Fitbit debuts new sleep features for its devices. In other headlines, researchers investigate a way to charge devices from body movement using nothing more than salt water and a flexible rubber band. Read the latest below!

[Apple Watch gets social features, breathing app, emergency services at WWDC](#)

Last week Apple previewed WatchOS 3, the next software update for Apple Watch, at its yearly developer conference. Similar to Fitbit and Garmin's social features, Apple Watch users will be able to share their activity data with other users. The Activity app will integrate with Apple's Messages software so users can use the Messages app to cheer friends. Another new health feature is an app called Breathe, which will remind users to take a moment to be aware of their breathing patterns in an attempt to relax and reduce stress levels. Apple also introduced SOS, which will allow the wearer to contact emergency services and display their emergency medical information on the screen afterwards. It also alerts emergency contacts to the user's location and situation.

[Fitbit wants to help you get a good night's sleep](#)

Most Fitbit devices already automatically track sleep when worn to bed, but the company is rolling out several new features intended to give people more insight into their sleep patterns. Users will now be able to set daily sleep goals, look back on sleep history, receive personalized recommended schedules, and set alarms and reminders for both going to bed and getting up. Fitbit users can also use the app to remind them when to start winding down if they want a full eight hours of sleep. Poor sleep health is associated with chronic health problems like heart disease and high blood pressure, in addition to lower productivity and increased risk for fatal injuries. According to the National Sleep Foundation, adults are supposed to get seven to nine hours of sleep each night.

[NHS to offer free devices and apps to help people manage illnesses](#)

In a major drive to use technology to improve health, the NHS has announced a plan to offer millions of people free devices and apps to help them manage conditions such as diabetes and heart disease. NHS England's chief executive Simon Stevens also announced an overhaul of the NHS payments system, which will help companies that produce innovative devices to win fast-track approval and get their products into patients' hands faster. The overhaul also includes a new "tariff", the money a hospital receives for treatment, as an incentive to make greater use of innovation and technology.

Other Health Technology Headlines

[8 reasons you're finally going to wear your Apple Watch](#)

[Can new Apple Watch sharing features top Fitbit's leaderboard?](#)

[Can wearables empower patients despite doctors' skepticism?](#)

[In iOS 10, you'll be able to request medical records on an iPhone](#)

[Low-tech wearable device addresses issues with patient compliance](#)

[Solera Health raises another \\$4M for its diabetes prevention programs marketplace](#)

[Survey: 40 percent of doctors say they have recommended wearables, only 4 percent of patients say they have](#)

[Why researchers are flocking to Fitbit in the fight against diseases](#)

[With some rubber and salt water, wearables may soon charge themselves](#)

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