

# Wearables for Tracking Food, Activity and Sleep

Wearable electronic health devices measure important health behaviors including physical activity, blood pressure, blood glucose and heart rate. They can also track food intake, time spent sleeping, body weight and give you the ability to share pertinent data with your health care provider. If you've been sitting still for too long, they can also prompt you to get up and move around!

If you want to improve your health, these devices offer several benefits to support you on your health journey. Johns Hopkins HealthCare Solutions is sharing a few examples of how wearable devices can help you reach your health goals:



## Increase your awareness

Everyone is so busy these days. Keeping track of your exercise or eating habits in your head isn't the most reliable method. Using a wearable device can give you a more accurate picture of how often you engage in certain behaviors, which can be quite surprising.

## Identify patterns

Using a wearable device to keep track of your health helps you recognize behavior patterns. Perhaps you eat more unhealthy food on Fridays or Saturdays. Maybe you don't get enough sleep on Sundays and Mondays. This information helps you figure out where and how to make lifestyle changes.



## Keep track of your progress

Wearable devices can help you see how close you are to reaching your goals and how much progress you have made. For example, one key indicator of improving health is a lower resting heart rate; wearable devices help you see how much you've improved since you began a new exercise routine.

## Figure out what's working for you, and what isn't working

Too often people continue to do the same thing over and over without pausing to see if it's making a difference. You can use the information you get from your device to see whether your lifestyle changes are having the intended effect, or if you might need to change your approach or need extra help from your doctor or care team.



## Stay motivated and on track

The information and feedback you get from your device can keep you engaged and motivated. Some devices and apps even provide encouraging messages to keep you focused and help you recognize the important changes you have made.

Remember - to achieve these and other benefits from your wearable device, you must wear it regularly. Setting reminders, keeping it where you can see it and choosing a device that is simple and easy to use can help you use it consistently.