research on wearable sleep tracker validity

The validity of wearable sleep trackers is a topic of increasing interest as these devices become more prevalent in consumer electronics and health monitoring. **research on wearable sleep tracker validity** is crucial for understanding their accuracy in measuring sleep parameters like duration, efficiency, and stages. This article delves into the scientific evidence surrounding the performance of these consumer-grade devices, comparing them against gold-standard methods and exploring the factors that influence their reliability. We will examine the current landscape of research, discuss common methodologies, highlight key findings regarding sleep stage detection, and consider the implications for both consumers and the medical community. Furthermore, we will explore the limitations and future directions in this rapidly evolving field.

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Understanding Wearable Sleep Trackers

Wearable sleep trackers, encompassing devices worn on the wrist, finger, or chest, have surged in popularity. They leverage a variety of sensors, including accelerometers, gyroscopes, heart rate monitors (photoplethysmography or PPG), and sometimes even temperature sensors, to infer sleep patterns. The primary goal of these devices is to provide users with insights into their sleep habits, aiming to promote better sleep hygiene and overall well-being. They typically estimate metrics such as total sleep time, wakefulness after sleep onset (WASO), sleep efficiency, and even sleep stage classifications (light sleep, deep sleep, REM sleep).

The underlying technology of most consumer-grade wearables relies on activity detection and physiological signals. Accelerometers and gyroscopes capture body movements, which are then analyzed by algorithms to differentiate between sleep and wakefulness. Heart rate and heart rate variability (HRV) provide additional data points that can correlate with different sleep stages. For instance, heart rate tends to

decrease during deep sleep and becomes more variable during REM sleep. However, the complexity of sleep physiology means that these indirect measurements require sophisticated interpretation.

Methodologies for Assessing Wearable Sleep Tracker Validity

The scientific evaluation of wearable sleep tracker validity predominantly involves comparing the data generated by these devices against a recognized gold standard. This comparison is essential to quantify the accuracy and reliability of consumer wearables in a controlled and objective manner. The most widely accepted gold standard for sleep assessment is polysomnography (PSG).

Polysomnography (PSG) as the Gold Standard

Polysomnography is a comprehensive sleep study conducted in a laboratory setting. It involves monitoring a multitude of physiological signals, including electroencephalography (EEG) to measure brain activity, electrooculography (EOG) to track eye movements, and electromyography (EMG) to assess muscle tone. These measures allow for the precise identification of sleep stages and are considered the definitive method for diagnosing sleep disorders. When assessing wearable validity, PSG data serves as the benchmark against which wearable-derived metrics are measured.

Comparative Study Designs

Research studies designed to validate wearable sleep trackers typically involve participants wearing both the wearable device and undergoing PSG simultaneously. The data collected from both sources over a period, often multiple nights, is then analyzed. Statistical methods such as correlation coefficients, Bland-Altman plots, and agreement statistics (e.g., kappa statistics for sleep stage classification) are employed to assess the level of concordance between the wearable and PSG. The goal is to determine if the wearable can accurately estimate sleep parameters without the invasiveness and cost of PSG.

Objective vs. Subjective Measures

It is important to distinguish between the objective validity of wearable trackers (comparison to PSG) and their subjective utility. While some studies focus solely on objective accuracy, others may also incorporate subjective sleep quality questionnaires completed by participants. This provides a more holistic view, as user perception of sleep can also be influenced by the data provided by wearables, irrespective of absolute objective accuracy.

Key Findings in Wearable Sleep Tracker Research

The body of research examining the validity of wearable sleep trackers reveals a spectrum of performance, with general trends emerging across different device types and studies. While these devices have shown promise, their accuracy can vary significantly depending on the specific metric being assessed.

Accuracy in Sleep Duration and Efficiency

Many studies indicate that consumer-grade wearable sleep trackers demonstrate a reasonable level of accuracy when it comes to estimating total sleep time and sleep efficiency. These metrics are often derived primarily from accelerometer data, which is adept at detecting gross bodily movements associated with wakefulness. For individuals without significant sleep disturbances, the correlation between wearable-estimated sleep duration and PSG-measured sleep duration is often found to be moderate to high. Similarly, sleep efficiency, calculated as the ratio of sleep time to time in bed, tends to be reasonably well-estimated.

Challenges in Sleep Stage Classification

The classification of sleep stages, however, presents a more significant challenge for most wearable devices. PSG's ability to differentiate between light sleep, deep sleep (NREM stages 2 and 3), and REM sleep relies on complex brain wave patterns (EEG) that are not directly measured by most wearables. While some devices incorporate heart rate variability, which can offer some clues, the algorithms used to infer these stages are often proprietary and may not always align perfectly with clinical definitions derived from PSG. Research consistently shows lower agreement for sleep stage accuracy compared to sleep duration. Deep sleep and REM sleep, in particular, can be difficult to distinguish accurately from wakefulness or light sleep using only actigraphy or basic PPG data.

Comparison Across Device Types

The validity can also vary between different types of wearables. Wrist-worn devices are the most common, but studies have explored finger-worn sensors and chest straps. Chest straps, which often include ECG sensors alongside accelerometers, may offer more robust physiological data, potentially leading to improved accuracy in certain metrics. However, user comfort and adherence can be lower for chest straps.

Factors Influencing Sleep Tracker Accuracy

Several factors can significantly impact the accuracy and reliability of data generated by wearable sleep trackers. Understanding these influences is key to interpreting the information provided by these devices and recognizing their potential limitations.

Algorithm Design and Proprietary Nature

The algorithms that process sensor data and translate it into sleep metrics are proprietary to each manufacturer. These algorithms are constantly being refined, meaning that the accuracy of a device can change with software updates. The specific variables and their weighting within these algorithms are not publicly disclosed, making direct comparisons between the internal workings of different devices difficult. This lack of transparency is a common hurdle in the research community.

Sensor Technology and Placement

The type and quality of sensors used play a critical role. Advanced PPG sensors might offer more detailed heart rate and HRV data than simpler ones. Similarly, the sensitivity and sampling rate of accelerometers can affect the detection of subtle movements. The precise placement of the wearable on the body is also crucial; a device that is too loose may not capture accurate physiological signals, while one that is too tight could cause discomfort or affect blood flow, thereby influencing PPG readings.

Individual Sleep Variability and Health Conditions

Individual differences in physiology and sleep architecture can affect how well a wearable performs. Factors such as age, body composition, and even the tendency to toss and turn can influence movement patterns. Furthermore, individuals with sleep disorders like insomnia, sleep apnea, or restless legs syndrome often exhibit atypical sleep patterns that can be more challenging for algorithms to interpret accurately, potentially leading to discrepancies between wearable data and PSG.

Environmental Factors and User Behavior

External factors can also play a role. For instance, ambient light and noise in the sleeping environment, while not directly measured by most wearables, can impact sleep quality and potentially influence physiological responses. User behavior, such as the timing of sleep, exercise, and caffeine intake, can also introduce variability that affects the data. If a user takes their wearable off during the night or if it loses battery power, this will obviously compromise the data for that period.

Limitations of Current Wearable Sleep Trackers

Despite advancements, current wearable sleep trackers still face inherent limitations that affect their diagnostic capabilities and the absolute certainty of the data they provide. These limitations are important for consumers and researchers alike to consider.

Inability to Directly Measure Brain Activity

As mentioned earlier, the most significant limitation is the inability of most wearables to directly measure brain electrical activity (EEG). This makes definitive sleep stage scoring, particularly distinguishing between REM and non-REM sleep stages, inherently challenging. While wearables infer stages based on movement and heart rate, these are indirect markers and cannot replicate the granularity of PSG.

Variability in Accuracy Across Different Sleep Parameters

While sleep duration and efficiency are often estimated with reasonable accuracy, other parameters are less reliable. Metrics such as the exact time of sleep onset and offset, and the precise duration of REM or deep sleep, can be prone to larger errors. This means that while a user might get a general idea of their sleep patterns, specific therapeutic interventions based solely on wearable data may be premature or inaccurate.

Algorithmic Opacity and Lack of Standardization

The proprietary nature of the algorithms used by different manufacturers means there is a lack of standardization in how sleep is measured. This makes it difficult to compare data across different brands or even between different models from the same brand if software updates have occurred. Users may be presented with different results from different devices, leading to confusion.

Potential for Misinterpretation and Over-reliance

There is a risk of users over-relying on the data provided by wearables, potentially leading to anxiety about sleep or self-diagnosing conditions. For instance, seeing a low percentage of deep sleep might cause undue stress, even if the wearable's estimation is inaccurate. It is crucial for users to understand that these devices are tools for general insight and not medical diagnostic equipment.

The Future of Wearable Sleep Tracking Research

The field of wearable sleep tracking is dynamic, with ongoing research aiming to overcome current limitations and enhance accuracy. The future promises more sophisticated devices and refined methodologies for understanding sleep.

Integration of Advanced Sensors

Future wearables are likely to incorporate a wider array of sensors. This could include non-invasive blood pressure monitoring, electrodermal activity (EDA) sensors for stress assessment, and improved optical

sensors for more nuanced heart rate and blood oxygen saturation (SpO2) readings. Some research is also exploring the potential of incorporating basic EEG sensors into headbands or earbud-like devices, which could significantly improve sleep stage classification accuracy.

AI and Machine Learning Advancements

Artificial intelligence and machine learning will play an increasingly pivotal role. Advanced algorithms can learn individual sleep patterns and adapt over time, potentially improving accuracy beyond generic models. AI can also help in identifying subtle physiological changes associated with specific sleep disorders, paving the way for earlier detection and intervention.

Focus on Longitudinal Data and Personalized Insights

Future research will likely shift towards analyzing longitudinal data – tracking sleep patterns over extended periods. This approach allows for the identification of trends, the impact of lifestyle changes on sleep, and the development of highly personalized sleep recommendations. The focus will move from simply reporting metrics to providing actionable insights tailored to the individual user.

Bridging the Gap Between Consumer and Clinical Devices

Efforts are underway to bridge the gap between consumer wearables and clinical-grade sleep monitoring. As wearables become more accurate and reliable, they may serve as valuable tools for remote sleep monitoring, screening for sleep disturbances, and tracking the effectiveness of treatments in a real-world setting, complementing traditional PSG rather than replacing it entirely.

FAQ

Q: How accurate are wearable sleep trackers compared to polysomnography (PSG) for sleep duration?

A: Research generally indicates that wearable sleep trackers, particularly wrist-worn devices utilizing actigraphy and heart rate monitoring, demonstrate a reasonable to good level of accuracy in estimating total sleep duration and wake time. Agreement with PSG for these parameters is often moderate to high, suggesting they can provide a useful approximation for general users.

Q: What are the biggest challenges in wearable sleep tracker validity

regarding sleep stages?

A: The primary challenge lies in the inability of most consumer-grade wearables to directly measure brain electrical activity (EEG), which is the gold standard for accurate sleep staging. Consequently, distinguishing between light sleep, deep sleep, and REM sleep based solely on movement and heart rate variability remains an area where wearables exhibit lower accuracy and agreement with PSG.

Q: Can wearable sleep trackers reliably diagnose sleep disorders?

A: No, wearable sleep trackers are not medical devices and cannot reliably diagnose sleep disorders. While they can identify patterns that might suggest a sleep issue (e.g., frequent awakenings), a formal diagnosis requires a comprehensive evaluation, typically including polysomnography, conducted by a sleep specialist.

Q: Does the brand or type of wearable sleep tracker significantly affect its validity?

A: Yes, the brand and the specific technology employed by a wearable sleep tracker can significantly affect its validity. Different manufacturers use proprietary algorithms and sensor configurations, leading to variations in accuracy for different sleep metrics. Wrist-worn devices, finger sensors, and chest straps may also have different performance characteristics.

Q: How do individual differences in sleep affect the accuracy of wearable sleep trackers?

A: Individual sleep architecture, presence of sleep disorders, and even basic physiological variations can impact wearable accuracy. For example, individuals with restless leg syndrome or significant sleep fragmentation may present challenges for algorithms trying to interpret movement and physiological signals accurately.

Q: Are older or newer wearable sleep tracker models generally more accurate?

A: Newer models often incorporate advancements in sensor technology and more sophisticated algorithms, which can lead to improved accuracy. However, manufacturers frequently update software for existing models, so it is the specific technology and algorithm design that dictates accuracy more than just the age of the model.

Q: What role does heart rate variability (HRV) play in wearable sleep tracking validity?

A: Heart rate variability is an important physiological signal that wearable trackers use, alongside movement data, to infer sleep stages. HRV tends to change predictably across different sleep stages (e.g., lower during deep sleep, more variable during REM sleep), providing additional data points to refine sleep stage estimation beyond simple activity monitoring.

Q: Can I trust the sleep efficiency data from my wearable device?

A: For many users, the sleep efficiency metric provided by wearable sleep trackers is reasonably well-estimated. Sleep efficiency is calculated as the ratio of actual sleep time to the time spent in bed, and since both total sleep time and wakefulness during the night are often approximated with decent accuracy by wearables, the resulting efficiency calculation tends to be in line with PSG.

Research On Wearable Sleep Tracker Validity

research on wearable sleep tracker validity: *Wearable Sleep Monitors* Sophie Carter, AI, 2025-02-23 Wearable Sleep Monitors explores the burgeoning field of sleep tracking technology, examining the science and practical uses of wearable devices. The book addresses whether these devices provide accurate insights into our sleep or if they are simply another example of health tech overpromise. It explains how these monitors work, assessing the validity of the data they collect and how that data can be used to improve sleep and overall health. The book reveals that while wearable sleep monitors offer potentially valuable information, their accuracy can vary. It emphasizes the importance of understanding both the benefits and limitations of using sleep trackers. The book synthesizes findings from research studies, comparing consumer sleep trackers against clinical gold standards like polysomnography (PSG). Readers will gain an understanding of how sleep data can be used to identify potential sleep problems and improve sleep hygiene. Beginning with the fundamentals of sleep science, Wearable Sleep Monitors progresses through the technologies used in wearables, evaluations of their accuracy, and the ethical considerations of sleep data privacy. This approach allows healthcare professionals, researchers, and interested consumers to make informed decisions about using sleep trackers and interpreting their data.

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non-wearable tracking devices. Further chapters on imaging techniques, questionnaires for sleep assessment, genome-wide association studies, artificial intelligence and big data are also featured. This discussion of significant conceptual advances into experimental procedures is suitable for anyone interested in the neurobiology of sleep. - Discusses current sleep research methodologies for experienced scientists - Focuses on techniques that allow measurement or assessment for the sleep-wake cycle - Outlines mainstream research techniques and experimental characteristics of their uses - Includes polysomnography, deep brain stimulation, and more - Reviews sleep-tracking devices, EEG and telemetry - Covers artificial intelligence and big data in analysis

research on wearable sleep tracker validity: *Measuring Sleep, An Issue of Sleep Medicine Clinics, E-Book* Erna Sif Arnardottir, 2021-11-01 In this issue of Sleep Medicine Clinics, Guest Editor Erna Sif Arnardottir brings considerable expertise to the topic of Measuring Sleep. Top experts in the field cover key topics such as home sleep recordings, improving machine learning technology, new classification for sleep severity, the role of questionnaires, and more. - Provides in-depth, clinical reviews on Measuring Sleep, providing actionable insights for clinical practice. - Presents the latest information on this timely, focused topic under the leadership of experienced editors in the field; Authors synthesize and distill the latest research and practice guidelines to create these timely topic-based reviews. - Contains 10 relevant, practice-oriented topics including getting more sleep from the recording; sleep measurement in women and children; consumer devices; free living sleep measurements; and more.

research on wearable sleep tracker validity: Individualizing Training Procedures with Wearable Technology Peter Düking, Billy Sperlich, 2024-04-16 This book gives evidence-based background information and advice to athletes and coaches on if and how data from wearable technologies can be applied for preparing individual training procedures to achieve improvement on aspects of performance and health. Sports practitioners frequently make decisions on long-term training planning and daily choices on different aspects of training, recovery and therapeutic procedures. Such decisions are essential to gain optimal performance enhancement, reduce likelihood of injuries and to reach peak performance. These decisions are complexed by the fact that there is no blue-print training procedure applicable to all athletes, and individual characteristics need to be considered to improve training procedures. With rapid technological advancements, data from Wearable Technologies is becoming increasingly available and potentially can aid athletes and coaches to individualize and optimize training procedures. Finally, the book explores if and how data can deliver actionable insights to inform long-term and day-to-day decision making to individualize training procedure.

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population. Evidence-based content, hundreds of full-color illustrations, and a wealth of additional resources online help you make well-informed clinical decisions and offer your patients the best possible care. - Contains new chapters on sleep in intersex and transgender individuals; sleep telemedicine and remote PAP adherence monitoring; and sleep and the menstrual cycle, as well as increased coverage of treatment and management of pediatric patients. - Includes expanded sections on pharmacology, sleep in individuals with other medical disorders, and methodology. - Discusses updated treatments for sleep apnea and advancements in CPAP therapy. - Offers access to 95 video clips online, including expert interviews and sleep study footage of various sleep disorders. - Meets the needs of practicing clinicians as well as those preparing for the sleep medicine fellowship examination or recertification exams, with more than 950 self-assessment questions, answers, and rationales online. - Enhanced eBook version included with purchase. Your enhanced eBook allows you to access all of the text, figures, and references from the book on a variety of devices.

research on wearable sleep tracker validity: Advances in the Psychobiology of Sleep and Circadian Rhythms Melinda L. Jackson, Sean P.A Drummond, 2023-12-19 Advances in the Psychobiology of Sleep and Circadian Rhythms features international experts from the fields of psychobiology, sleep research and chronobiology to address and review cutting-edge scientific literature concerning recent advances in the psychobiology of sleep, sleep disorders, such as sleep apnoea and insomnia, and circadian rhythms, across the lifespan. In this illuminating volume, Melinda L. Jackson and Sean P.A. Drummond bring together leading international researchers to review cross-cutting issues in the field, including sleep and pain, sleep and dementia risk, and sleep issues in paediatric populations as well as the interaction between sleep and health conditions in different populations. The chapters offer coverage of the major explanatory models which underpin the empirical work as well as a discussion of the relevant theoretical and conceptual models on issues arising with specific psychiatric and medical disorders, including depression, dementia, posttraumatic stress disorder and pain. They also address new research in the area of chronobiology, and circadian impacts on health and diseases. The chapters also discuss important methodological and ethical issues arising in research and include sections addressing implications for public policy and practitioner interventions in the context of different social and cultural environments. This volume will be a crucial resource for professionals, practitioners and researchers engaged in the field as well as for postgraduate and upper-level undergraduate students undertaking research in areas related to psychobiology, neuropsychology, health psychology and other disciplines such as biology, physiology and psychopharmacology.

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research on wearable sleep tracker validity: Wearable Sensing and Intelligent Data Analysis for Respiratory Management Rui Pedro Paiva, Paulo de Carvalho, Vassilis Kilintzis, 2022-05-21 Wearable Sensing and Intelligent Data Analysis for Respiratory Management highlights the use of wearable sensing and intelligent data analysis algorithms for respiratory function management, offering several potential and substantial clinical benefits. The book allows for the early detection of respiratory exacerbations in patients with chronic respiratory diseases, allowing earlier and, therefore, more effective treatment. As such, the problem of continuous, non-invasive, remote and real-time monitoring of such patients needs increasing attention from the scientific community as these systems have the potential for substantial clinical benefits, promoting P4 medicine (personalized, participative, predictive and preventive). Wearable and portable systems with sensing technology and automated analysis of respiratory sounds and pulmonary images are some of the problems that are the subject of current research efforts, hence this book is an ideal resource on the topics discussed. - Presents an up-to-date review and current trends and hot topics in the different sub-fields (e.g., wearable technologies, respiratory sound analysis, lung image analysis, etc.) - Offers a comprehensive guide for any research starting to work in the field - Presents the state-of-the-art of each sub-topic, where the main works in the literature is critically reviewed and discussed, along with the main practices and techniques in each area

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research on wearable sleep tracker validity: Advances in technology for the sleep field, An Issue of Sleep Medicine Clinics, E-Book Steven Holfinger, 2023-08-03 In this issue of Sleep Medicine Clinics, guest editor Dr. Steven Holfinger brings his considerable expertise to the topic of Advances in Technology for the Sleep Field. Top experts discuss current development and use of multi-modal sensors and technologies which make accurate sleep monitoring at scale a possibility in today's sleep medicine. - Contains 15 practice-oriented topics including using telehealth platforms to transform sleep care models; are consumer wearable sleep trackers ready for clinical use; potential implications of screen time in an age of augmented/virtual reality; advancements in sleep health to optimize human performance; and more. - Provides in-depth clinical reviews of advances in technology for the sleep field, offering actionable insights for clinical practice. - Presents the latest information on this timely, focused topic under the leadership of experienced editors in the field. Authors synthesize and distill the latest research and practice guidelines to create clinically significant, topic-based reviews.

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Performance. This issue is one of four selected each year by series Consulting Editor, Dr. Teofilo Lee-Chiong. Articles include: Work productivity and sleep issues; Sleep apnea and performance; Sleep and athletic performance: the role of untreated sleep issues in sports; Early detection of sleep disorders in safety critical jobs; Insomnia and performance; Exercise for improving insomnia symptoms: implications on performance; Sleep and athletic performance: sleep and visuomotor performance; Brain stimulation for improving sleep and memory; Prevalence of sleep disorders in students and academic performance; PTSD/TBI, Sleep, and Military Operational Performance; New technology for measuring sleep and assessing sleep disorders: implications for public health and safety; and Use of hypnotic medications on learning and memory consolidation.

research on wearable sleep tracker validity: Telehealth in Sleep Medicine An Issue of Sleep Medicine Clinics, E-Book Jean-Louis Pépin, Dennis Hwang, 2020-08-28 This issue of Sleep Medicine Clinics has been compiled by esteemed Consulting Editor, Teofilo Lee-Chiong, and brings together recent sleep medicine articles that will be useful for Primary Care Providers. Topics include: Internet-Delivered Cognitive Behavioral Therapy for Insomnia Tailoring Cognitive Behavioral Therapy for Insomnia for Patients with Chronic Insomnia; Prescription Drugs Used in Insomnia; Hypnotic Discontinuation in Chronic Insomnia; Evaluation of the Sleepy Patient Differential Diagnosis; Subjective and Objective Assessment of Hypersomnolence; Pharmacologic Management of Excessive Daytime Sleepiness; Nonpharmacologic Management of Excessive Daytime Sleepiness; Treatment of Obstructive Sleep Apnea Choosing the Best Positive Airway Pressure Device; Treatment of Obstructive Sleep Apnea Choosing the Best Interface; Treatment of Obstructive Sleep Apnea Achieving Adherence to Positive Airway Pressure Treatment and Dealing with Complications; Oral Appliances in the Management of Obstructive Sleep Apnea; Avoiding and Managing Oral Appliance Therapy Side Effects; Positional Therapy for Positional Obstructive Sleep Apnea; Pharmacologic and Nonpharmacologic Treatment of Restless Legs Syndrome; Drugs Used in Parasomnia; Drugs Used in Circadian Sleep-Wake Rhythm Disturbances; Sleep in the Aging Population; and Sleep, Health, and Society.

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utilization of NIV in Pulmonary, Critical Care, and Sleep Medicine. Each particular section will discuss the application of NIV in different disease process. The authors summarized the main results of the recent trials, clinical and technological advances, expert opinions, and practical guidelines. Chapters, summarized by expert committee, provide a “deep and exhaustive critical analysis and summary” of the recent advances in the field of NIV, presented as key points and/recommendations for the best clinical practice from articles published in the last decade. The content of the book will serve as a resource and a tool to the practicing physicians toward NIV. Main objective is to increase their proficiency in management of different pathophysiological aspects of the respiratory system. In this line, the book offers to the readers, who are seeking the latest recommendations, the future research directions in noninvasive mechanical ventilation. Table of contents describe and analyze, the items trend setters in noninvasive ventilation, organized in three main sections, “pulmonary”, “critical care” and “sleep medicine”, using the primary keyword related with term “noninvasive mechanical ventilation” as search term associated with “secondary keywords” studies from a period of 2018 to 2019. This searching methodology and analysis define this unique book to the approach in noninvasive mechanical ventilation for best clinical practice, research, clinical study designs and critical analysis, how noninvasive ventilation is current and trending. Based on this form of conception of book updated, editors and authors consider that this book opens a new and original vision for adequate knowledge and deep updated based on key publications in the period under review, very useful for clinical practice, studies designs and potential new trends in the use of noninvasive ventilation. As such, it is a unique update book resource in noninvasive ventilation in pulmonary, critical care and sleep medicine that may influence current clinical practice and future studies. With ultimate goal is better care and outcome for our patients.

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Technology in Physical Activity and Health Promotion occupies a broadly positive stance toward interactive technology initiatives and, while discussing some negative implications of an increased use of technology, offers practical recommendations for promoting physical activity through a range of media, including: social media mobile apps global positioning and geographic information systems wearables active videogames (exergaming) virtual reality settings. Offering a logical and clear critique of technology in physical activity and health promotion, this book will serve as an essential reference for upper-level undergraduates, postgraduate students and scholars working in public health, physical activity and health and kinesiology, and healthcare professionals.

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