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Survey Paper: Multi-Purpose Wearable Biofeedback Accessories

D. Jena Catherine Bel[1], Sitarth.A.L[2], Anisha Zulekha.A[3], Swetha Balaji[4], Sathish.V[5]

[1,2,3,4,5]Artificial Intelligence and Data Science, Sri Sairam Engineering College, Chennai, India

Abstract:
in the modern world, people tend to spend a lot of time before the screen with an irregular posture which leads to a lot of problems and also fails to monitor their own physical conditions. The project aims to tackle this problem using a multi-purpose biofeedback wearable device designed as a bracelet and a neck piece. The device integrates various sensors and features to provide users with a comprehensive solution for stress management, relaxation, physical performance enhancement, sleep improvement, anxiety regulation, and posture correction. The wearable device incorporates sensors to measure physiological signals such as heart rate, skin conductance, breathing patterns, heart rate variability, oxygen saturation, muscle activity, body temperature, and posture deviations. Through real-time feedback in the form of visual cues, vibrations, or audio prompts, the device guides users in employing techniques like deep breathing exercises, mindfulness practices, regulated breathing during meditation, workout optimization, sleep quality improvement, anxiety and mood regulation, and maintaining better posture. The wearable device synchronizes with a companion mobile application or cloud platform, allowing users to track their progress, view historical data, and gain insights into their biofeedback measurements. With an intuitive user interface, sleek design, long battery life, and water resistance, this wearable biofeedback device offers a convenient and durable solution for individuals seeking to achieve holistic well-being.

Keywords*:* biofeedback device, posture, gyroscope, accelerometer, machine learning.

I. INTRODUCTION

The Multi-Purpose Biofeedback Wearable Device revolutionizes the way individuals manage their health and well-being in today's fast-paced and stressful world. This stylish bracelet and neck piece seamlessly blend fashion and functionality, incorporating a wide range of sensors and cutting-edge technology. With its holistic approach to self-care, this innovative wearable device empowers users to monitor and improve their physiological and psychological states. By integrating features like stress management, relaxation and meditation, physical performance enhancement, sleep improvement, anxiety and mood regulation, and posture correction, this device caters to diverse aspects of well-being. It accurately measures heart rate, skin conductance, breathing patterns, and heart rate variability, leveraging advanced machine learning algorithms to provide real-time feedback and guidance. Users can practice stress management techniques, regulate their breathing, optimize physical performance, improve sleep quality, manage anxiety, and correct posture deviations. The device seamlessly syncs with a companion mobile application or cloud platform, enabling users to track progress, access historical data, and gain valuable insights.

Personalized recommendations based on collected biofeedback measurements empower users to achieve their specific goals. With its intuitive user interface, sleek design, long battery life, and water-resistant capabilities, this wearable device ensures convenience and durability. In summary, the Multi-Purpose Biofeedback Wearable Device represents a groundbreaking solution that merges advanced technology with elegant design. By offering comprehensive biofeedback capabilities, it empowers individuals to proactively manage their well-being, leading to a healthier and more balanced life.

II. RELATED WORKS

1. The research paper "Towards Posture and Gait Evaluation through Wearable-Based Biofeedback Technologies" [1] explores using wearable devices for enhancing posture and gait feedback, addressing limitations in existing systems. It consists of three parts: studying action anticipation and control processes, designing a low-cost wearable system for biofeedback, and customizing feedback using algorithms. The experimental design combines advanced instrumentation with low-cost devices and machine learning techniques. The preliminary experiments with 12 subjects achieved high accuracy in recognizing motor tasks. The paper also emphasizes the importance of postural evaluation in medicine and sports science, highlighting the potential benefits of wearable devices and biofeedback for posture improvement.

The paper "IoT Adoption and Application for Smart Healthcare: A Systematic Review" [2] examines, gathers, and synthesizes pertinent information from 22 publications chosen from nine significant scientific databases. In the article, the key perceived adoption criteria for Internet Of Things applications in healthcare are broken down into five categories: individual, technological, security, health, and environmental. The article also covers the key concepts, procedures, participants, and categories of Internet Of Things applications that have been employed in previous research. The piece is a component of a special issue on the uses of artificial intelligence and the Internet of Things in the health sector.

The paper "Wearable Devices for Remote Monitoring of Heart Rate and Heart Rate Variability—What We Know and What Is Coming." [3] provides an overview about the generation of HRV, methods of recording, processing and analysis. It also reviews various consumer grade devices and provides its current issues and future scopes.

In general for healthy subjects at rest the parasympathetic tone is greater than the sympathetic tone, resulting in a rest heart rate in the 50–80 bpm range in most humans. Variations in HR can be observed due to cyclical (respiration, diurnal) and non-cyclical factors (postural changes, exertion, increased demand due to pathological conditions). HR and HRV thus provides a measure of the sum of factors affecting the heart. The paper then emphasizes on using supervised and unsupervised learning models in machine learning over the statistical methods to analyze vast data with greater accuracy. Supervised machine learning method, used for HRV analysis include Support Vector Machine (SVM), fuzzy Sugeno classifier (FSC), Multilayer Perceptron (MLP), Classification Additionally, Regression Tree (CART), Logistic Regression (LR), Recurrent Neural Network (RTF), Artificial Neural Network (ANN), Random Forest (RF), Gradient Boosting (GB), Decision Tree (DT), K-Nearest Neighbour (KNN), Probabilistic Neural Network (PNN), AdaBoost, Gaussian Process Classification (GPC), and Partial Least Squares Discriminant Analysis (PLS-DA) and unsupervised algorithms like CNN and RNN can also be used.

The paper “Design and realization of a wearable posture correcting device” [4] describes the design and implementation of a wearable device that can help correct poor posture habits. The device consists of three main components: an inertial measurement unit (IMU) to detect the user's posture, a microcontroller to process the data, and a haptic feedback system to alert the user when their posture is incorrect. The paper also discusses the design and how it was built using off-the-shelf components. They also detail the algorithms used to analyze the IMU data and determine the user's posture. The haptic feedback system is designed to be subtle yet effective in reminding the user to correct their posture. The authors also tested the device on a group of volunteers and found it effective in correcting poor posture habits. They also discuss the potential of the device, such as in healthcare and workplace settings.
Overall, the paper presents a well-designed and implemented wearable device for correcting poor posture habits. The authors provide a detailed description of the device's components, algorithms, and promising results from testing.

The paper “Pilot Study on Reducing Symptoms of Anxiety with a Heart Rate Variability Biofeedback Wearable and Remote Stress Management Coach” [5] describes a pilot study conducted to investigate the effectiveness of using a heart rate variability (HRV) biofeedback wearable device and remote stress management coaching in reducing symptoms of anxiety. The study spanned over an 8-week period, and participants were required to wear the Lief Smart Patch, complete guided breathing exercises, interact with a stress management coach, and provide self-report assessments of anxiety symptoms.
The Lief Smart Patch, worn on the torso, continuously monitored heart rate, HRV, and accelerometer data using electrocardiogram (ECG) technology. It provided real-time HRV biofeedback through vibration feedback and visualizations in the accompanying smartphone app. The remote stress management coaching sessions focused on cognitive-behavioral therapy (CBT) principles and mindfulness meditation. Data from the Lief Smart Patch were uploaded to a secure cloud server, allowing tracking of adherence to HRV biofeedback exercises and self-reported symptoms. Statistical analysis of the data was performed using SPSS software, including one-way ANOVA and paired t-tests.
The results showed that participants experienced a significant reduction in symptoms of anxiety and depression over the course of the study. The mean scores on anxiety measures (GAD-2) dropped, with only a small percentage of participants remaining above the clinical threshold for anxiety. Similar results were observed for the depression scale (PHQ-2). Additionally, participants showed an increase in HRV following the HRV biofeedback sessions.
The study demonstrated the efficacy of the HRV wearable technology and remote stress management coaching in reducing symptoms of anxiety and potentially depression. The findings suggest that this approach could provide a discreet and flexible option for individuals seeking mental health support, particularly those in areas with limited access to mental health professionals or facing stigma.
The authors recommend future research using randomized controlled trials and a larger participant pool to establish causal effects and explore different participant groups. They also suggest using more comprehensive outcome assessments and collaborating with mental health clinics to evaluate the incorporation of remote HRV biofeedback programs with professional treatment.
Overall, the study highlights the potential benefits of HRV biofeedback wearables and remote stress management coaching as an alternative mental health support option, but further research is needed to validate and refine the approach.

In this paper titled "Commercial Posture Devices : A Review" [6] , wearable technology for posture analysis is reviewed. The goal is to talk about how posture wearables may be used clinically for a variety of healthcare applications, including the prevention, diagnosis, and treatment of spinal and musculoskeletal problems. The fundamentals of these wearable postural devices, including their parts, movement classifications, and sensor locations, are covered in the article. It also looks into how wearable technology may be used to identify spinal disorders. The article discusses the postural aids that are offered on the market.
The research also focuses on the application of sensors that are effective in key body locations to enhance wearable device outcomes.The authors go into detail about the problems related to sensor costs and incorrectly computed data that might produce erroneous results.
Due to the widespread use of smartphones in our everyday lives, the paper's future developments will explain more about how wearable technology and smartphones might work together.so It could be a good idea to use a smartphone with health monitoring software that can assess things like posture.

In the paper titled "Wearable Posture Monitoring System (with emphasize to spine)" [7] devices for posture detection and correction systems with emphasis to spine via vibrational and sound feedback are demonstrated. The hardware modules used in the device are buzzer, accelerometer, vibration Arduino Nano microcontroller, motor, LCD display.The accelerometer is positioned on thoracic part of the spine and the data is collected from the accelerometer.Then, that data will be sent to the microcontroller in order to calculate the angular values that can verify whether the postural behavior of user is good. If poor posture has been detected, then the vibration motor will vibrate accordingly which notifies the user, and the buzzer will sound. The message "BAD POSTURE" will appear on LCD, additionally the main objective of this project is to detect poor posture and to train users to have a better posture until it becomes a habit and to reduce their chronic back pain that results from poor posture

The paper "A Study of Accelerometer and Gyroscope Measurements in Physical Life-Log Activities Detection Systems"[8] discusses using wearable devices such as triaxial accelerometers, gyroscopes, and magnetometers to retrieve better information during physical activities in indoor and outdoor environments to provide better health updates. The proposed model has four phases of the process - signal preprocessing, feature extraction, feature selection evaluation, and a genetic algorithm(GA) -based classifier that gathers all important nodes from the signals. In the preprocessing phase, the noise and negative values from the signals are avoided. In the feature extraction phase, features are extracted by calculating signal magnitude features, zero crossing rate features, peak features, standard deviation features, magnitude area features, mean features, and special entropy. The extracted features are then pooled together to form a feature vector and are then classified by the GA classifier. The model when tested with experimental data gave higher accuracy of output.

III. CONCLUSION

Thus the multipurpose biofeedback wearable accessories that measure heart rate and posture provides users with accurate and timely feedback on their physiological variables, and helps them maintain good health and well-being.

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