

Farrah Iman Hakimi

Mr. Danshov

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### Wearable Devices

A wearable device or wearable is a small, mobile computing device designed to be worn by a consumer. These devices often communicate with a mobile device or computer using Bluetooth. Three popular types of wearable devices are activity trackers, smartwatches, and smart glasses.

An activity tracker is a wearable device that monitors fitness-related activities such as distance walked, heart rate, pulse, calories consumed, and sleep patterns. These devices typically sync, usually wirelessly, with a web or mobile app on your computer or mobile device to extend the capability of the wearable device (Pappas 32-41).

A smartwatch is a wearable device that, in addition to keeping time, can communicate wirelessly with a smartphone to make and answer phone calls, read and send messages, access the web, play music, work with apps such as fitness trackers and GPS, and more. Most include a touch screen (Carter and Schmidt).

Smart glasses, also called smart eyewear, are wearable head-mounted eyeglass-type devices that enable the user to view information or take photos and videos that are projected to a miniature screen in the user's field of vision. For example, the device wearer could run an app while wearing smart glasses that display flight status information when he or she walks into an airport. Users control the device through voice commands or by touching controls on its frame. Some smart glasses also include mobile apps, such as fitness trackers and GPS (Yazzie).

Activity trackers, smartwatches, and smart eyewear are available from a variety of manufacturers. Before making a purchase, consumers should research costs and features of all options to determine the device that best suits their requirements.

Works Cited

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