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HEART RATE REGULATION APP

COMPUTING

Wearable and app for personalized and automatic heart rate regulation through real-time bio-feedback.

TECHNOLOGY TYPE

App
Cardiology

STAGE OF DEVELOPMENT

Full prototype validation.

LEARN MORE

Reference Number: U-6657

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TECHNOLOGY SUMMARY

The majority of heart rate regulation apps require manual adjustment of desired heart rates, leading to over- and under-exertion.

University of Utah researchers have created an application and wearable for automatic, personalized, high accuracy heart rate regulation. The user inputs their desired heart rate plan, and a wearable heart rate sensor provides real-time bio-feedback to influence audible cues produced by the application. This adaptive audible signal gives the runner a live, calculated cadence by which to adjust their pace.

FEATURES AND BENEFITS

- Real-time audio cue adjustment.
- Offers intuitive cues.
- Enables higher accuracy heart rate training.
- Upcoming features include proactive topographical hill adjustment.

INVENTOR PROFILE

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