

Activity Tracker

Steps, Calories and Distance

The Activity Tracker records your movements to approximate your number of steps taken, calories burned and distance covered. An algorithm, i.e, a set of rules to perform a calculation, is used to convert the recorded movement into approximate steps taken, calories burned and distance covered. The information provided by the nuyu™ Activity Tracker and nuyu™ app is an estimate and is not a precise measurement. Factors such as where the activity tracker is worn, hand or arm movement and type of exercise can affect the calculation and can cause inaccuracies to the estimated number of steps, calories burned and distance covered.

Sleep

The Activity Tracker records your movements to approximate your amount of sleep and the type of sleep you are experiencing. An algorithm, i.e, a set of rules to perform a calculation, is used to convert recorded movement into approximate and perceived sleep and wake periods. It also averages the intermittent movement over the sleep period to determine what the nuyu™ Activity Tracker defines as potential periods of “restless”, “light” and “deep” sleep, and the approximate duration of such potential sleep phases, with a high level of activity determined to be restless, low level as deep, and in between to be light. The sleep “score” is based on the duration of each potential sleep phase versus the proprietary algorithm's "perfect" night sleep. The information provided by the nuyu™ Activity Tracker and nuyu™ app is an estimate and not a precise measurement. Factors such as reading, sitting or lying still before starting sleep, excessive movement and others can affect the measurements and cause inaccuracies to the reported length of sleep and whether it is restless, light or deep sleep. The app will only show one “sleep” session per day by recording the session of the day which the nuyu™ Activity Tracker defines as sleep. Naps are treated differently and not reported as sleep for purposes of tracking. For more information go to www.healthometernuyu.com/sleep.