

# Care3<sup>®</sup> activity curves - Collect Health & Wellbeing Real-time Data

Measuring circadian rhythm, sleep and activity

## MEASUREMENT OF ACTIVITY

The Care3<sup>®</sup> solution measures, in real-time, heart rate, body temperature and the activity of the service user. The 'Activity Measurement' depends on the amount and intensity of movements over 24hrs period. This is a key indicator of one's health and wellbeing.

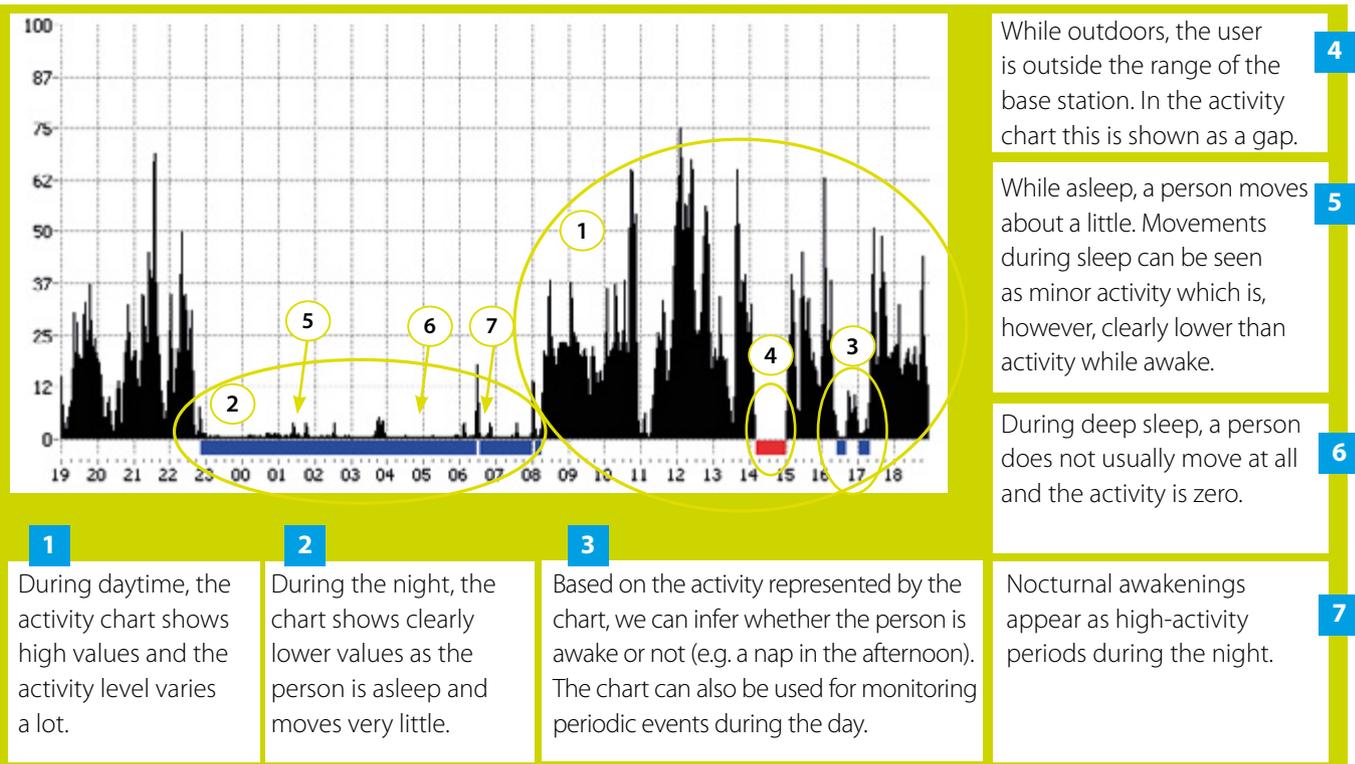
For each minute, an activity value is calculated, which is in the range 0–100. An activity chart represents the person's average activity. Based on this chart a medical practitioner, or other can draw conclusions about the person's functional capacity.

This real-time data, alongside others Care3<sup>®</sup> real-time indicators, reflects the service user's overall health and wellbeing. Within a couple of minutes, a Clinicians, Doctors, Social Workers, Pharmacists or Relatives

## BENEFITS: Health, Wellbeing, Pain Management & Circadian Rhythms

Many of the functional capacity and health are reflected in this real-time data. Circadian rhythms, activity and sleep patterns, play a big part in the analysis of health and wellbeing. This combination of data can be a powerful tool for detecting problems, pain, discomfort, assessing treatment by benchmarking and ongoing impact measurement of an intervention's effectiveness, once the actual diagnosis has been made.

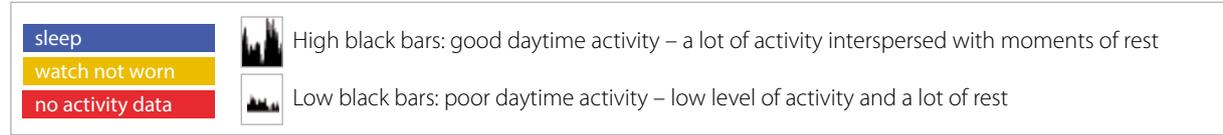
Activity chart representing the sleep-wake rhythm of a healthy person



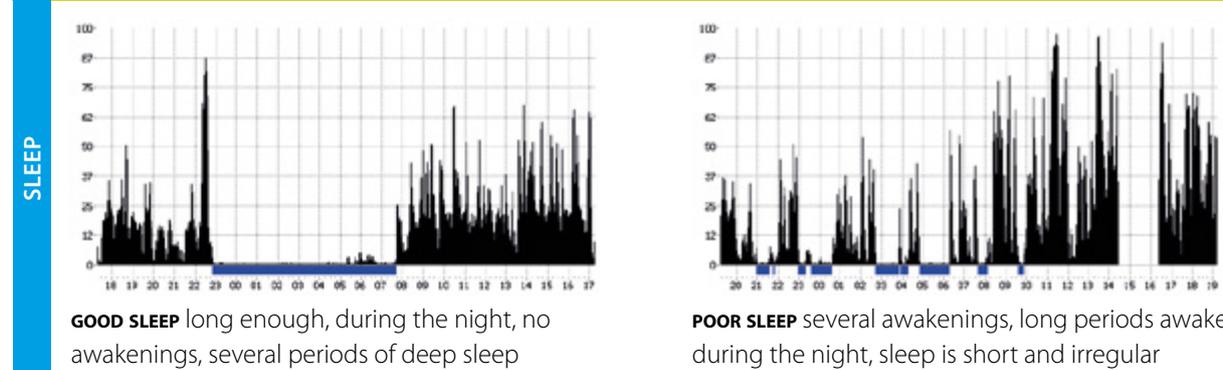
**ASSESSMENT: Sleep is long enough, regular, continuous and includes periods of deep sleep. Improved health, wellbeing and circadian rhythms.**

## Side-by-side comparisons (good vs. bad)

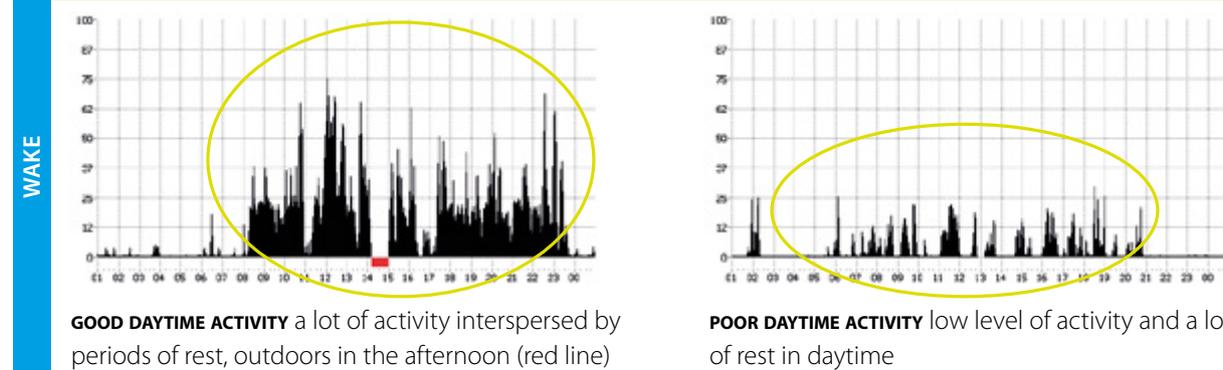
Legend:



### SLEEP awakenings, length, regularity and timing of sleep



### WAKE level of daytime activity



### RHYTHM ratio of daytime and night-time activity

