"wearable devices to monitor energy expenditure and sleep quality: state of the art and a new possible tool"

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Abstract

The use of portable devices to evaluate, at least the energy expenditure, is experiencing a solid expansion in the last few years. As a result, various devices are on the market with relatively low costs (ranging from 100 to 300 $). However, in the face of these costs, the reliability of the devices is low; it should be emphasized that almost no one is offered in the medical field or has CE certifications. Therefore we propose to provide a reliable tool in scientific terms, which traces the one already on the market up to 6 years ago, namely the Sensewea Armand, but no more available. In addition, however, providing new features: the possibility of continuous tracking and even higher predictivity, thanks to the external temperature measurement and the use of new and more reliable sensors.

Biography

He acts as a nutritionist in 12 different cities in Italy, he is a consultant for several sports federations.

He directs two master courses in nutrition and supplementation in sport and sports analytics at the University of Calabria.

He is a consultant for firms involved in nutritional supplementation, novel food, bioimpedance, performance evaluation, and stratigraphy.

He is CSO of Gala screen Laboratories (genomic, miRNA evaluation), Vita Vegan Food, BlowC (food premixed with low carb content):

He is a scientific committee member of SINSeB (Italian Society of Sort Nutrition and Wellbeing), LIO (Italian Lipedema Association), DBSS (Dynamical Business Science Society), and Hygeia (metabolic sensor), Sport & Salute (review on sports science).

He is a review board member of Sports, Nutrients, International Journal of Molecular Science, Diagnostics, Journal of Functional Morphology and Kinesiology, Frontiers in Physiology, Frontiers in Sports and Active Living, microRNA