



## PRODUCT

### Track sleep with band

The BodyMedia FIT Armband BW offers a way to track the quality and quantity of nightly sleep. Worn on the upper left arm, the band — which was designed for weight loss — uses four sensors to track changes in heat and uses those to analyze sleep patterns. The band can also measure perspiration, steps taken and calories burned and has an online component that graphs the results. It costs \$249 as is available at [www.bodymedia.com](http://www.bodymedia.com).

