



Smartwatches: Wellness Tool or Anxiety Trigger

Smartwatches have increasingly established a place in our daily lives in recent years, tending to replace traditional watches. Beyond simply telling the time, they offer features related to health, fitness, and communication. However, an important question arises: do they ultimately serve as a useful wellness tool, or can they become yet another source of stress?

✓ PROS	✗ CONS
 Increase awareness and interest in personal health and physical fitness.	 Continuous notifications can cause distraction and mental fatigue.
 Encourage physical activity and support daily movement.	 Overfocus on measurements can increase anxiety related to health.
 Help monitor key health indicators, such as heart rate and sleep quality.	 Frequent use can lead to dependence on screens and constant digital connectivity.
 Promote healthier habits and better organization of daily life.	 Notifications and constant connectivity can negatively affect sleep quality.
 In some cases, they help in seeking medical help at an early stage.	 Constant checking can interfere with moments of relaxation and rest.
 Some devices offer emergency features and distress signal alerts.	 Pressure to meet daily goals (steps, calories, exercise) can cause guilt or discouragement.



≡ TIPS FOR PROPER SMARTWATCH USE ≡

01	AVOID USE DURING REST AND SLEEP Avoid using your smartwatch during relaxation time and while sleeping.	
02	MAINTAIN DEVICE HYGIENE Clean your device regularly. Poor hygiene can lead to skin irritation and localized dermatological conditions.	
03	NOT A SUBSTITUTE FOR MEDICAL CARE Smartwatches should not replace medical examinations or professional medical advice. If you notice concerning readings or symptoms, seek appropriate medical care.	
04	LIMIT UNNECESSARY NOTIFICATIONS Reduce non-essential notifications to minimize distractions and digital overload.	
05	PRIORITIZE OFFLINE ACTIVITIES Give priority to face-to-face communication and engage in enjoyable, creative activities that do not involve screens.	



USE YOUR SMARTWATCH SMARTLY. TAKE CARE OF YOUR HEALTH AND WELL-BEING.



Overall smartwatches can be highly useful tools that, when used appropriately, can enhance quality of life. Their balanced use can support physical activity, improve organization, and promote greater awareness of personal health. However, they should not replace adequate rest, meaningful human interaction, or professional medical guidance. Ultimately, technology should serve to support well-being, not distract from it!

Take control of your tech... don't let it control you

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Sources: <https://pubmed.ncbi.nlm.nih.gov/40267933/> , <https://www.health.harvard.edu/heart-health/smart-watch-may-improve-detection-of-atrial-fibrillation> , <https://www.health.harvard.edu/heart-health/tracking-your-afib-with-a-smart-watch-avoid-this-pitfall> Fitness Trackers: Benefits and What To Look For, <https://www.heart.org/en/news/2018/08/21/google-just-launched-heart-points-here-are-5-things-you-need-to-know> , Image created with OpenAI's ChatGPT image generation tool

