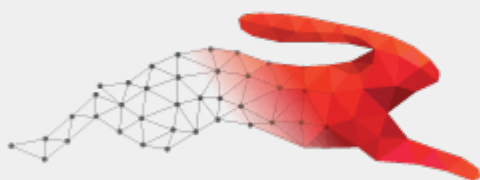


Wearable tech boosts productivity: Examining the impact on efficiency and stress reduction



Ignitec

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Wearable tech boosts productivity: Examining the impact on efficiency and stress reduction

Reading time 6 mins

Key Points

- Wearables in the workplace can streamline workflows, improve time management and boost overall productivity.
- Research conducted by Salesforce found that 79% of companies agreed that wearables are or will be strategic to their company's future success; 76% reported improvements in business performance; 86% planned to increase wearable technology spending over the next 12 months.
- Wearable tech boosts productivity by optimising workflows, providing stress management tools, improving communication and workplace safety, and increasing job satisfaction.
- Companies looking to leverage the benefits of wearables in the workplace should ensure that privacy, training, and opt-in are prioritised.
- To get a return on your investment: do your research, understand what you're trying to measure, identify the gaps, and consult experts who can help you find the solutions to bridge them strategically and inclusively.

Ready to leverage the power of wearables and boost productivity? Call us for a quote!

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Managing Director

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In an era where technology has seamlessly integrated into our daily lives, wearable tech has emerged as a powerful tool not only for [tracking mood and fitness](#) and monitoring illness but also for enhancing productivity and managing stress. The fusion of wearable technology with productivity solutions and stress management has significantly transformed how many people approach work, offering efficiency gains and stress reduction strategies. How does wearable tech boost productivity, and what do the statistics have to say?

Wearables in the workplace can streamline workflows, improve time management and boost overall productivity. If you'd like to know more about how to [Innovate on Demand®](#) and leverage the benefits of wearables for your company, [book a consultation with an expert](#) on our team.

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Moontrak - Smart jewellery tracks your mood and fitness

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Adoption of wearable technologies in the workplace

Wearable technology, once predominantly associated with step counters and fitness trackers, has expanded to encompass productivity-focused features. Devices now cater to time management, task prioritisation, stress monitoring, sleep behaviour and relaxation techniques, thus becoming indispensable tools in enhancing workplace efficiency.

In a research study conducted by [Salesforce](#) to uncover the role of wearables in business, findings concluded that:

- 79% of companies agreed that wearables are or will be strategic to their company's future success.
- 76% reported improvements in business performance.
- 86% planned to increase wearable technology spending over the next 12 months.
- Adopters say smartwatches will have the most significant impact (49%) and the quickest adoption rate (40%) on the enterprise.
- 62% were already using, piloting, or planning to use smartwatches in their companies in the near future.
- Digital lanyards and smart glasses rank second and third for their expected impact on the enterprise.

How do wearables boost productivity?

There are many benefits to using [wearables in the workplace](#), both for employers and employees.

1. Optimises workflows

Integrating wearables into the workplace equips individuals with tools to optimise time management and task organisation. Smartwatches, task trackers, motion monitors, speech-to-text note-takers, and wearables that monitor health parameters and stress help to streamline work processes, send reminders, and deliver important notifications, ultimately fostering heightened productivity and work efficiency.

In addition, wearables provide real-time feedback and statistics – thereby helping everyone in the workplace to identify areas where they can become more efficient.

2. Reduces stress

Stress is a pervasive factor that can hinder productivity. Wearable technology such as biofeedback sensors equipped with stress-monitoring capabilities and stress-relief tools offers users insights into their stress levels and guides stress-reduction techniques. Mindfulness prompts, breathing exercises, and relaxation reminders work in unison to alleviate stress, enhancing mental well-being and productivity.

3. Improves workplace safety

Innovation in the workplace technology space has led to enhanced [employee safety solutions](#) designed to mitigate the risk of injury at work. A wristband connected to a sensor can signal the wearer about chemicals in the air. Construction industry wearables such as smart helmets with vibration sensors can alert employees of potentially dangerous changes in their surroundings. Wearables can monitor employee movements and alert co-workers of danger, as well as monitor fatigue, body temperature and repetitive motion.

The applications are seemingly endless, as few industries are without risk in the workplace. During the pandemic, for example, Ignitec helped to develop [advanced gesture recognition wearables](#) that helped keep frontline workers safe when treating patients.

4. Improves communication

Wearables have also changed how employees and customers communicate. The entrance of voice-controlled wearables, for example, quickly replaced the traditional walkie-talkies and overhead announcement devices that were used previously to gain and share crucial information.

In addition, by allowing the team members to connect via wearable devices, information is relayed quicker and more effectively. In an emergency, help or support is also easier to access – especially when the wearer is in danger and might not be able to speak or move.

5. Increases job satisfaction

Improved communication, safety, and productivity and tools that help to manage stress lead to increased job satisfaction.

A final word on wearable technologies to enhance productivity

Wearable technologies in the workplace have undeniable benefits. Especially when used as tools to improve safety, time management, communication, and security while reducing stress and anxiety. However, the extent and manner in which they are used – especially by employers – should be treated carefully. What is a sophisticated gadget that increases productivity for some is an invasion of privacy for others. What is intuitive for some might present a steep learning curve for others. Technology that is quickly adopted by some is met with resistance by others and, if not approached mindfully, could result in team members feeling isolated.

Therefore, if you're thinking about using wearable tech to boost productivity in the workplace, give it careful consideration first. Avoid choosing a generic type of wearable for your workforce and thinking you'll be able to customise it later: to [get a return on your investment](#), do your research, understand what you're trying to measure, identify the gaps, and [consult experts who can help you](#) find the solutions to bridge them strategically and inclusively.

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FAQ's

Why is wearable tech considered beneficial for boosting productivity?

Wearable tech is beneficial for boosting productivity because it provides tools like task management, time tracking, and stress reduction techniques, aiding in better time management and enhanced focus, thereby improving overall work output.

How does wearable tech impact time management and productivity?

Wearable tech impacts time management and productivity by offering features such as reminders, scheduling apps, and activity tracking, enabling individuals to organise tasks efficiently, manage time better, and enhance productivity by focusing on priorities.

What wearable tech features support improved productivity in the workplace?

Features in wearable tech supporting improved workplace productivity include task management tools, fitness tracking for energy levels, and stress reduction techniques, all contributing to a more efficient and focused work environment.

How can wearable tech influence work performance and efficiency?

Wearable tech can influence work performance and efficiency by providing insights into work habits, prompting breaks, and offering stress-relief techniques, resulting in increased work performance and a more efficient workflow.

When should wearable tech be used to maximise productivity?

Wearable tech should be used to maximise productivity when tasks require close monitoring, during high-stress periods, or when maintaining focus and time management is crucial to completing tasks efficiently.

Which wearable tech devices are effective for enhancing productivity?

Effective wearable tech devices for enhancing productivity include smartwatches, fitness trackers, and cognitive enhancers designed to aid in time management, stress reduction, and improved focus during work.

Why do experts recommend wearable tech for workplace productivity improvement?

Experts recommend wearable tech for workplace productivity improvement due to its ability to assist in time management, stress reduction, and focus enhancement, leading to increased productivity and better work performance.

How can wearable tech positively impact personal productivity?

Wearable tech can positively impact personal productivity by offering tools for time management, stress reduction, and focus improvement, enabling individuals to accomplish tasks more efficiently and with reduced stress levels.

What role does wearable tech play in enhancing individual work efficiency?

Wearable tech plays a role in enhancing individual work efficiency by providing reminders, task tracking, and stress reduction techniques, aiding in focused and efficient task completion while managing stress levels.

How do wearables contribute to stress reduction and increased productivity?

Wearables contribute to stress reduction and increased productivity by providing relaxation prompts, stress monitoring, and breathing exercises, promoting a conducive mental state for improved focus and productivity.

Why is wearable tech increasingly popular for improving work productivity?

Wearable tech is increasingly popular for improving work productivity due to its ability to support time management, stress reduction, and task organisation, creating a more conducive work environment.

How does wearable tech affect creativity and productivity at work?

Wearable tech affects creativity and productivity at work by providing tools like mood enhancement, brainwave tracking, and stress-relief features, which contribute to a better mental state for enhanced creativity and improved productivity.

What impact can wearables have on time-saving and productivity in work tasks?

Wearables can have a substantial impact on time-saving and productivity in work tasks by offering reminders, task prioritisation, and stress-relief techniques, contributing to more efficient work completion.

Why are wearables recommended for professionals looking to enhance productivity?

Wearables are recommended for professionals looking to enhance productivity due to their ability to provide task management tools, stress reduction features, and energy-level monitoring, contributing to more focused and efficient work performance.

How can wearable tech assist in managing time and improving productivity levels?

Wearable tech can assist in managing time and improving productivity levels by offering time-tracking tools, reminders, and stress management features, enabling individuals to maintain focus and complete tasks efficiently.

What types of wearable tech are suitable for boosting productivity in a work setting?

Wearable tech suitable for boosting productivity in a work setting includes smartwatches, fitness trackers, and cognitive enhancers, all designed to aid in time management, stress reduction, and maintaining focus on tasks.

How does wearable tech influence multitasking and productivity in the workplace?

Wearable tech influences multitasking and productivity by providing tools for time management, reminders, and stress-relief techniques, assisting individuals in managing multiple tasks efficiently and maintaining a focused workflow.

What wearable tech tools aid in better concentration and productivity during work hours?

Tools like task reminders, stress-relief prompts, and time management features in wearable tech aid in better concentration and productivity during work hours, contributing to a more focused and efficient workday.

Why are wearables integral for professionals seeking enhanced productivity and task management?

Wearables are integral for professionals seeking enhanced productivity and task management as they provide features like reminders, stress-relief techniques, and time-tracking tools, aiding in

maintaining focus and managing tasks efficiently.

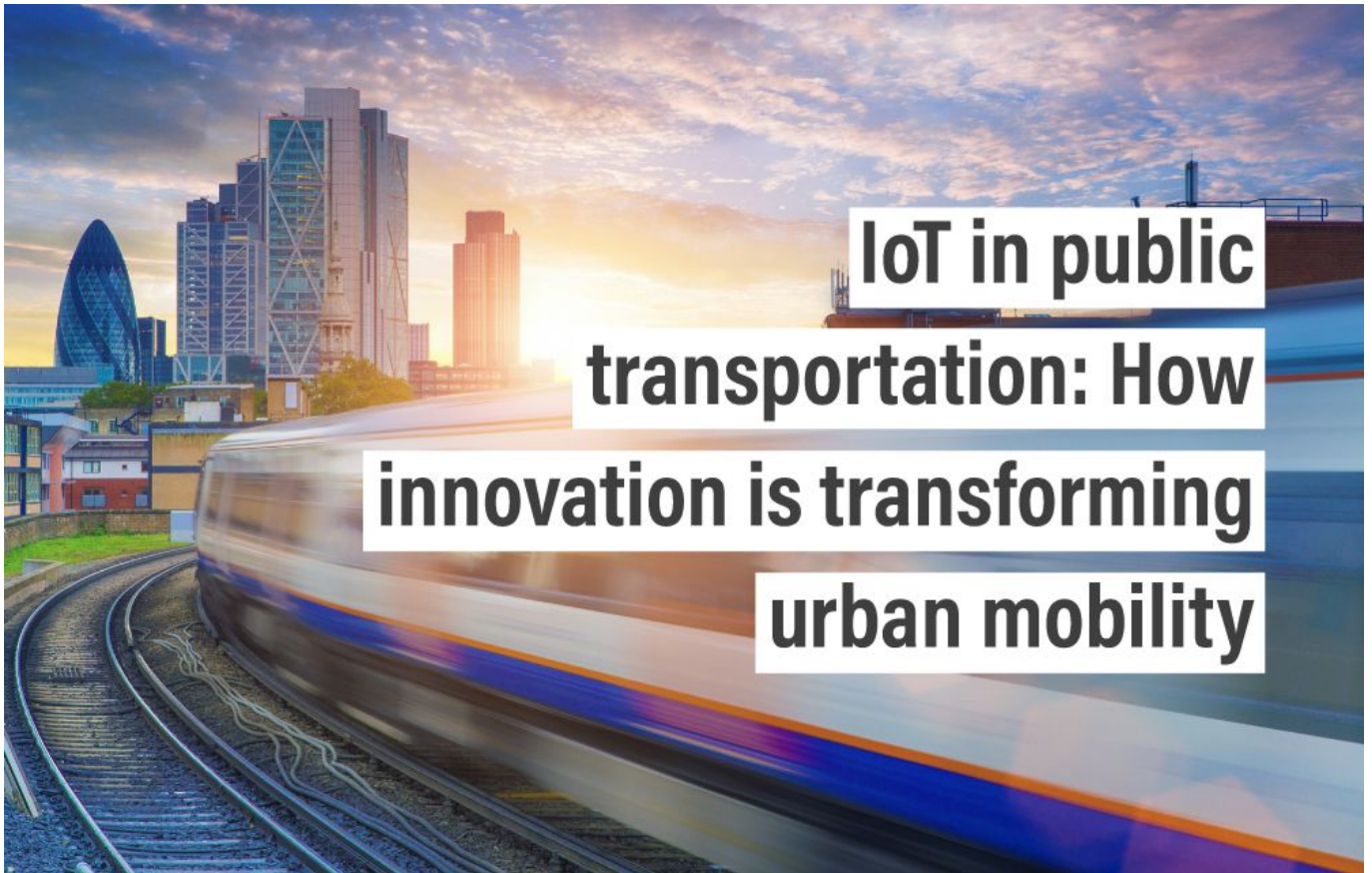
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