

Wearable Breathing and Meditation Coach Enhancement

This project focuses on the firmware development for a wearable device designed for breathing and meditation coaching, which monitors and records vital signs. The device is powered by the nRF52832 microcontroller, and the firmware utilizes Zephyr OS.

- Development of ECG signal processing using the Kalman Filter.
- Implementation of improved wake-up methods for the device.
- Integration of continuous monitoring features for real-time data collection.



Applications:

- Health and wellness monitoring
- Meditation and breathing exercises

Technologies Used:

- nRF52832 microcontroller
- Zephyr OS
- C programming