

ABSTARCT

METHOD AND SYSTEM FOR INDICATING A BREATHING PATTERN

A method and system for indicating a breathing pattern is disclosed. The system comprises a plurality of smart wearable devices, a plurality of mobile devices, an application server and a database. The plurality of smart wearable devices is either connected to the mobile devices or directly connected to the application server. The database is connected to the application server to store the data transmitted by the smart wearable device or the mobile device. The plurality of smart wearable devices is capable of monitoring the health index and identifying the variation in health conditions of the user, in real-time and activating a suitable breathing pattern to normalize such medical condition.

[Figure 1]