

CLAIMS

1. A method comprising:

obtaining a first device, wherein the first device is capable to measure at least a first biometric of a user, said first biometric including measuring a sleep status of the user;

measuring the first biometric with the first device to obtain biometric data, wherein the measurement occurs when the user is sleeping;

obtaining a second device, wherein the second device is a user personal device including a display and a network communication device;

authorizing a paired communication between the first device and the second device;

communicating the biometric data from the first device to the second device;

communicating the biometric data to a computing device connected to a network;

authorizing the computing device, via a signal from the first device, to obtain status data related to status of a bed from a bed smart device;

authorizing the computing device to initiate an algorithm to be executed to retrieve a targeted and individualized content based on the biometric data, the bed status data and a personalized preference determination calculated via predictive analysis to generate the targeted and individualized content;

receiving a message comprising the targeted and individualized content to the second device; and

displaying the message to the user.

2. The method of claim 1, wherein the first device is selected from one or more of a glucose monitor, body movement sensor, an oximetry based sensor, an aural oximetry sensor, a contact lens based oximetry sensor, an EEG cap, a glucose analyte contact lens sensor, a contact lens based rapid eye movement sensor, a dental insert based sound sensor and a bandage sensor.

3. The method of claim 1, wherein the first device comprises a worn biomedical device.

4. The method of claim 3, wherein the worn biomedical device is a contact lens.

5. The method of claim 3, wherein the worn biomedical device is a smart ring.
6. The method of claim 1, wherein the second device comprises a smart phone.
7. The method of claim 1, wherein the second device comprises a smart watch.
8. The method of claim 1, wherein the first device comprises a biomedical device within one or more of a pillow, a sheet or a blanket.
9. The method of claim 1, wherein the computing device transmits a targeted message through a biometric information communication system to the second device to alert the user from a state of sleep suffocation.