

Data for Days









	Spectrum Plus	Spectrum PRO	AW2	Health band
Dimensions	48mm x 37mm x 15mm	48mm x 37mm x 15mm	43mm x 23mm x 10mm	Approx. 200 mm × 24 mm (small); Approx. 230 mm × 24 mm (large)
				Height of enclosure: 11 mm; Height of strap: 3 mm
Weight	31 grams (with band)	31 grams (with band)	16 grams (with band)	Approx. 25 g / 0.9 oz
Case material	ABS Blend (biocompatible)	ABS Blend (biocompatible)	ABS Blend (biocompatible)	ABS Cu, plating Au over Ni
Standard wristband	BASF Elastollan 1175A10W (TPU) with	BASF Elastollan 1175A10W (TPU) with	BASF Elastollan 1175A10W (TPU) with	TPU (Biocompatible)
	Titanium buckle	Titanium buckle	Titanium buckle	
Battery type	Lithium Ion rechargeable	Lithium Ion rechargeable	Lithium Ion rechargeable	Lithium Polymer rechargeable
Recharge time	2 hours	2 hours	12-24 hours	90 minutes to full charge
"Typical battery Life	60 Days (Activity & Light)	50 Days (Activity, Light, 4 Scores/day)	30 Days (Activity & Light)	3 Days
(@ 1 min epoch)"				
Memory size	32 Mbits	32 Mbits	1 Mbit	4 MB
Memory volatility	Non volatile	Non volatile	Non volatile	Non volatile
Record time	60* days @ 1 minute epoch	50* days @ 1 minute epoch from	30 days @ 1 minute epoch, with	7 days then the memory rewrites.
	from full charge, all channels	full charge, all channels + 4	Activity & Light limited by	Limited by 3 days of battery life
		scores/alarms daily	battery life	
Accelerometer details	MEMS type accelerometer	MEMS type accelerometer	Solid State Piezo electric accelerometer	MEMS type accelerometer
Accelerometer sampling rate	32 Hz	32 Hz	32 Hz	16Hz
PPG sensor	NA	NA	NA	Optical Volumetric Sensor (2 LEDs equally distributed on
				a single axis, centers aligned.)
PPG sampling rate	NA	NA	NA	32 Hz
PPG frequency	NA	NA	NA	525 mm for both LEDs
Light sensor wavelength range	400-700nm	400-700nm	400-900nm	NA
Light measures	Irradiance, Photon flux, Photopic	Irradiance, Photon flux, Photopic	Irradiance, Photon flux, Photopic	NA
	illuminance (Lux)	illuminance (Lux)	illuminance (Lux)	
Off wrist detection	Yes	Yes	No	Yes
Moisture protection	IP27	IP27	IP27	IPX5/IPX7 (Health Band); IP21 (charging cradle)
Battery life indicator	Yes	Yes	No	Yes
Audible off wrist alarm	Yes	Yes	No	No
Event marker	Yes	Yes	Yes	No
Operating system	Windows 7 and higher	Windows 7 and higher	Windows 7 and higher	Android OS 7 and later, iOS 7 and higher.
Computer operating hardware	NA	NA	NA	Tested on devices from leading mobile manufacturers
USB compatibility	Yes	Yes	USB charger	USB charger
Warranty	2 years	2 years	2 years	2 years

^{*}Longer recording duration may be possible with intermittent charging by site/subject.

