Hearables in hearing care: discovering usage patterns through IoT devices

Hearables are on the rise as next generation wearables, capable of streaming audio, modifying soundscapes or functioning as biometric sensors. The recent introduction of IoT (Internet of things) connected hearing aids offer new opportunities for hearables to collect QS quantified self data that capture user intents and thereby provide insights to adjust the settings of the device. In our study 6 participants shared their QS data capturing when they remotely changed their device settings over 6 weeks. The data confirms that the participants preferred to actively change programs rather than use a single default setting provided by an audiologist. Furthermore, their unique usage patterns indicate a need for designing hearing aids, which as hearables adapt their settings dynamically to individual preferences during the day.

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