



Innovation > Work & Lifestyle > Breathing monitor helps users track their state of mind

BREATHING MONITOR HELPS USERS TRACK THEIR STATE OF MIND



WORK & LIFESTYLE

Spire is a wearable device that continuously tracks users' respiration and other metrics, letting them know when they need to take a deep breath.

UNLOCK THIS INNOVATION AND MUCH MORE... //

Become a member today and get early access to the ideas transforming our world from just **£39 per month***

Exclusive member benefits:

- Access to over 13,000 innovations
- Monthly horizon scanning reports
 - Exclusive feature articles

BECOME A MEMBER

Already a member? [Sign in here](#)

