Bruxism is when someone grinds or clenches their teeth at night. I built an app that records and filters the specific tooth movement to help people understand if they have bruxism and what might be contributing to it. This can lead to better sleep and improved dental health.

Qount.us is a dashboard that offers activity tracking for teams, making it easy for organisations to focus on what matters most. It's a great tool for improving productivity and collaboration.

The QS community has over 100 meetups around the world. We'll give you some quick guidance on starting a group in your city, whether you have a group already or are interested in starting one.

I wanted to continue using my Zeo even though the company went under, so I made my own replacement bands to keep using it. This allowed me to continue tracking my sleep and other vital signs, even in the face of business challenges.

I tried a very low-carb 'caveman' diet. What impact would the transition to ketosis and its associated 'keto flu' have on my body? I tracked my health and mood to find out.

As part of my transition to vegetarianism, I found that taking photos of my food was useful. I'll share my findings from using this method to improve my diet and overall health.

HRV4Training is an iOS app that helps you reach your fitness goals by measuring your heart rate variability and providing feedback. It's a great tool for understanding how well you're training and adjusting your workouts accordingly.

Many tests that were formally part of a doctor's visit are now available to us for our own purposes. What are blood tests and other diagnostic tools telling us about our health, and how can we use this information to make better health decisions?

We all have morning rituals: reading stats on sleep quality, morning pulse, heart rate variability, and body weight; n-back; and cognitive tasks. How can we use these tools to improve our focus and productivity?

We all need strategies for getting rest, or forgoing rest, in the face of an unending stream of cues to be active. Let's discuss how 'activity rhythms' might take precedence over conventional indicators of activity, stress, and fatigue.

We can learn from each other's life logs to improve our strategies for tracking and measuring our health and well-being. Let's share insights and findings to make each other's self-tracking more effective.

I believe self-tracking data can make a big impact in education. Let's learn from each other. Has QS played a role in your educational journey?

A QUANTIFIED SELF INNOVATION CONTEST - A chance to perform predictions on big data sets and test your algorithms against the competition.

A SERVER FOR OURSELVES - A chance to fix our wearables and improve their accuracy. We can test and rank our self-tracking tools.

DRAW A FACE A DAY - A fun and creative way to track your mood and emotions over time. This can help you understand your moods and what might be influencing them.

EFFECT OF KETOGENIC DIET ON HEART RATE VARIABILITY - A study on how a very low-carb diet might affect heart rate variability. This can help us understand how dietary changes impact our health.

The QS community has a lot of potential for an aging society. Seniors often have multiple chronic conditions that may benefit from self-tracking. Let's explore how we can help them.

As you collect more and more data, it becomes easier to discover how food affects your well-being in individually specific ways. This can help you make better diet choices and improve your overall health.

I developed a new app that records and filters the specific tooth movement during bruxism. This app can help people understand if they have bruxism and what might be contributing to it, leading to better sleep and improved dental health.

We can create interesting and useful systems for ambient feedback using the data we collect. What new systems can we design that can provide valuable insights into our health and well-being?

Caring for ill family members can be difficult and complex. How can we use self-tracking technologies to measure and understand their health needs better?

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Let's discuss how we can improve sharing, cooperation, and knowledge transfer among self-trackers. What strategies can we use to make our data more accessible and useful to others?

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