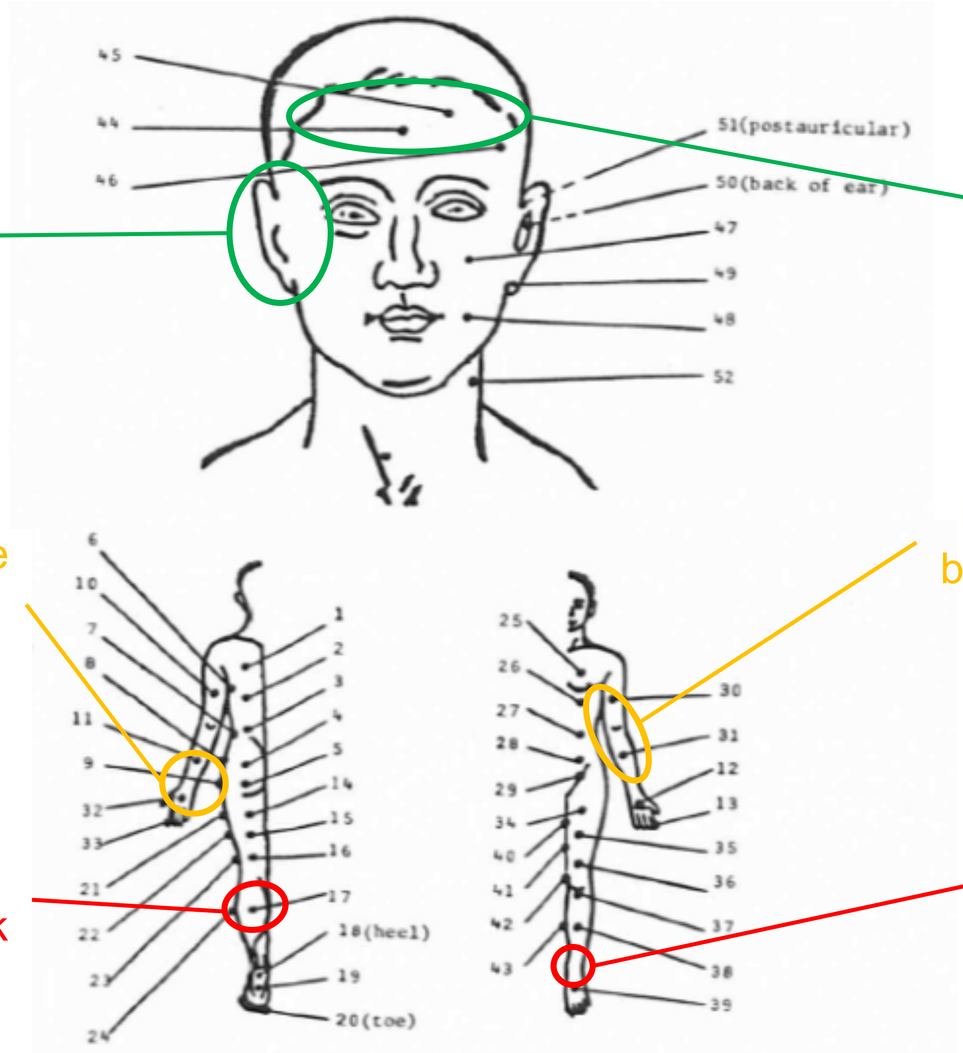
All Body Locations are Not Created Equal

Ear
Slightly harder to measure then the forehead because of variability in physiology but an area where people regularly wear device.

Wrist
One of the hardest places to measure as this area is filled with tendons and ligaments that scatter light. Highly susceptible to motion noise.

Calf
Similar to the arm, the calf has high blood flow but when running the shock force makes readings harder.



Forehead
Very good place to measure HR. No relative motion or noise and a clean signal can easily be realized.

Arm
More relative movement than the head but large amount of blood flow due to the large muscles in the area.

Ankle
Another very hard place to measure as this area is filled with tendons and ligaments, limited blood flow.

Source: Basal Perfusion of the Cutaneous Microcirculation: Measurements as a Function of Anatomic Position, J Invest Dermatol 81: 442-446