All Body Locations are Not Created Equal

**Ear**
One of the best places on the body to measure biometrics enabling advanced metrics that are harder other locations. Not generally suitable for long term wear or continuous monitoring.

**Forehead**
Very good place to measure HR. Little relative motion or noise and a clean signal can be generated. Not generally suitable for long term wear or continuous monitoring.

**Wrist**
Popular device location but one of the hardest places to measure as this area is filled with tendons and ligaments that scatter light. Highly susceptible to motion noise.

**Arm and Chest**
More relative movement than the head but large amount of blood flow due to the large muscles in the area. Good area for long-term monitoring and patches.

**Calf and Quad**
Similar to the arm, the calf has high blood flow and is a good area when not walking or running.

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

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