All Body Locations are Not Created Equal

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

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

**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.

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

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

**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