

The Technology Cheat Sheet

DISCLAIMER: Technology is rapidly evolving in the longevity space. This information reflects current knowledge as of early 2025. Not all technologies may be accessible, affordable, or appropriate for every individual. Please consult with healthcare professionals before implementing advanced monitoring or diagnostic tools, especially if you have existing health conditions.

General Principles

- Technology should enhance, not replace, the fundamental pillars of longevity (exercise, nutrition, sleep, and stress management)
- Focus on actionable data that helps you make informed lifestyle decisions
- Balance high-tech solutions with practical implementation
- Remember that consistency with basics outweighs occasional high-tech interventions

Wearable Devices

Sleep Metrics

- Track sleep duration, stages (REM, deep, light), and consistency
- Optimal metrics: 7-9 hours total, with 1.5-2 hours of deep sleep and 1.5-2 hours of REM
- Consistency across nights (including weekends) is as important as duration

Heart Rate Metrics

- Resting heart rate: 50-70 BPM ideal for most adults
- Heart rate variability (HRV): Higher is better; focus on personal trends over time
- Lower resting heart rate correlates with 38-66% lower all-cause mortality

Other Key Metrics

- Body temperature: 97.8-99°F (36.5-37.2°C) normal range; consistent patterns matter
- Respiratory rate: 12-20 breaths per minute; lower rates indicate better cardiovascular efficiency
- Oxygen saturation: Ideally above 95%; levels below 90% require medical attention
- Physical activity: Steps, distance, calories burned, active minutes

Diagnostic Technologies

Blood Testing

- Comprehensive testing quarterly provides the most actionable data
- Key panels include: Complete blood count, inflammatory markers, lipid profiles, metabolic markers
- Advanced testing: Apolipoprotein-B, Lipoprotein(a), hormone panels, vitamin levels

Imaging Technologies

- Cleerly CT: Detects both hard and soft arterial plaque for heart disease prevention
- Whole body MRI: Comprehensive screening for early abnormality detection
- DEXA scan: Measures bone density and body composition

Implementation Strategies

- Start with a single wearable device that tracks metrics most relevant to your goals
- Establish your baseline metrics before making lifestyle changes
- Use data to validate the effectiveness of interventions
- Focus on trends rather than day-to-day fluctuations
- Quarterly advanced testing provides the most useful longitudinal data

Future Technologies to Watch

- AI-enabled diagnostics and personalized medicine
- Nanobots for cellular repair and targeted interventions
- Brain-computer interfaces for enhanced cognition and neural repair
- Augmented sensory devices for enhanced physical performance

Final Considerations

- Technology is most valuable when it reinforces your "Why"
- Use technology to enhance awareness, not to create anxiety or obsession
- The best technology disappears into the background of a well-lived life
- Remember that data without action leads nowhere—prioritize implementation