Spend too much time reading screens? Buy an eye massager. Been multitasking on different social-media platforms? Use a meditation guide during your breaks. Here, health and fitness gadgets that can actually make you feel better – or so they claim.

**MANAGE STRESS**

Wearables, as everyone knows, are the future – your body is the new reality that tech companies are fighting to occupy.

**Spire Stone**
It measures your breathing patterns and sends out a gentle reminder when your breathing becomes erratic. It can be clipped on to your clothes, and for the forgetful folks: it’s wash-proof. ₹12,178

**Thync Relax Pro**
This can either relax or energise you, by stimulating the nerves in the back of your neck, where it is stuck on, using subtle electrical signals. This, claims Thync, helps influence the nerve pathways, controlling stress levels and mood. It even has a Deep Sleep mode, which, one imagines, should be a blessing to insomniacs. ₹10,518

**SIT UP AND SIP**

**Upright Go**
Wearable posture trainers that don’t let you forget your high-school drill master brandishing his staff every time you slouched.

Feeling spondylitis creep in? Stick one of these on your back, and it will vibrate every time you slouch. ₹5,325

**Thermos Connected Hydration Bottle**
The bottle monitors water intake by syncing your phone with the Thermos Smart Lid app. It holds around 0.7 litres, calculates your hydration goal based on your personal data and charts your progress. ₹5,412