

# Internet of Things (IoT)

There's a huge network of devices connected to the internet, exchanging data amongst themselves.

The Internet of Things describes the things we use every day that connect to the internet, sharing and exchanging data.

And not just that, it's about connecting things to other things. As in, objects sharing experience. So, they'll be communicating, and sensing. Meaning they'll need us less.



Like a coffee machine being told that it's 6am, so it should start brewing some coffee. Then it'll send you a notification, waking you up to tell you it's ready.

You wake up to fresh coffee, without needing to do a thing. That's pretty good.



Amazon has introduced a Dash Replenishment Service, which orders supplies on your behalf when you're running out. A button is connected to your devices, like your washing machine, and will order detergent for you when it's low.

It is predicted that by 2020 there will be **50 BILLION** 'things' connected to the internet - that's 8 things for every person on the planet

## Healthcare Let's check out a couple of incredible ways healthcare and lifestyle is advancing around us...

### Smart Pills



Smart pills have an ingestible sensor – as small as a grain of sand – which sends a message once it touches your stomach acid, transmitting to a smart patch you can wear on your left rib cage. The patch then sends data to an app on your smart phone.

This is great news for tracking mental illness, as doctors can see if patients are remembering to take medication or not.



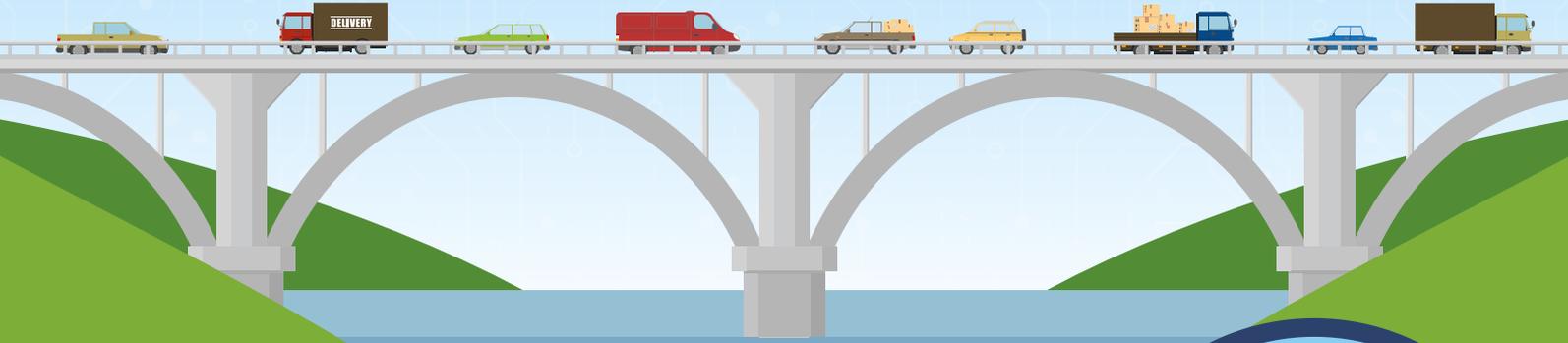
### Fitness Bands

Fitness bands are a growing market. Loads of companies now make them, allowing people to have a watch that also tells them how many calories they've burned, steps they've taken that day, how well they've slept, and whether they've reached any personal goals they set.

# Smart Bridges

the cement industry are now using something called smart cement.

Smart cement is laced with sensors that can share information of ice on a bridge, or a weakening of any key material.



Cars are now interacting a lot more with their environments. They're warning us when we're closer to other cars, and even when we're nearing the lines of a lane on motorway. They're becoming far more self-aware.



## Here's our preventative tips:

So – although this is all great stuff, anything connected to the internet can be compromised.

In the same way your computer could be hacked into, so can your other stuff.

It's all about adopting safe practices. Here's our tips:

Avoid suspicious emails & never download or run anything from them. These can be a death sentence.



Run your security updates. Trust us.



Keep all software up to date.



Back up your data. Do it offline, in several places.



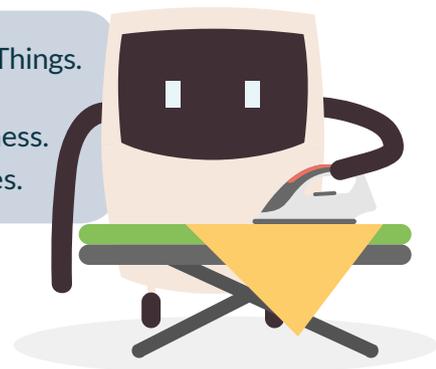
Consider some cybersecurity programs, such as protective anti-malware software.



So, there you go. Now you see how a new age is brewing, and it's called the Internet of Things.

You now have an idea of the huge range of products that exchange and share data, and how this is advancing our home lives, healthcare, lifestyle, and the world of business.

You also know how to keep yourself protected against anyone hacking into your devices.



# Welcome to the future!