

Plugged In

Tech for the Body — and Soul

Presenting the latest and greatest in high-tech gizmos, gear, and gadgetry
By Steve Ditlea

When hibernating, relax with lulling sounds

Enjoy lazy comfort with destressing calm decibels to ease you to sleep. **The Big Red Rooster Sound Machine** emits any of a half-dozen continuous nature-inspired sounds: summer night, rain, brook, ocean, thunder, or white noise. Blocking out aural annoyances, this compact unit is perfect for taking on the road, to let you sleep like a baby when traveling. Available from *Bed Bath & Beyond*, \$24.99



Pedal your way to desk-bound fitness

Sitting at a workstation all day shouldn't mean giving up fat-burning, muscle-toning activity. **LifeSpan's Unity Bike Desk** attaches a smooth, slim-profile, gym-grade stationary bike to a sturdy large-area desk surface. Unlike add-on desk-pedal devices, its seat stays comfortable, while integrated design keeps everything stable. Available from *lifespanfitness.com*, \$499



Compact wristwear can heat or cool you

No control over that workplace thermostat? Feel warmer or colder in minutes with this smart-watch-sized personal temperature regulator. **Embr Wave Bracelet**, a product of MIT materials scientists and a Kickstarter campaign, applies stimulation to nerves on the wrist, activating a rise or fall in temp sensation throughout your body. Use as needed; lasts one week at a time on a single battery charge.

Available at www.embrlabs.com, \$299



The Mirror brings home personal training

What looks like a regular mirror is actually an interactive home gym: Flip a switch on **The Mirror's** silvery slab to view its vertical HD color screen and get live-streaming instructors leading interactive fitness classes (everything from barre and boxing to strength training and yoga) or on-demand library sessions suited to your ability. Turn it off, and appreciate results on the mirrored surface. Available at www.mirror.co, \$1,495, plus \$39 per month for classes