

TimeStorm Communications LLC



May 24, 2023

Dashes Vs. Commas, Twitter Vacays, and Wearable Tech Health Hacks

Hello Ruth Ann,

Do you prefer to use dashes, commas, or parentheses when you want to highlight a small part of a sentence? It's more than a matter of writing style and includes the intensity of your intentions.

A Pew survey finds 60% of Twitter users are taking a break from the platform - and a full quarter don't plan to return. Women are the most likely to take a break.

Patients with chronic illnesses like long COVID and chronic fatigue are using wearable tech with smart hacks to monitor their heart rate variability to gain more control over their symptoms.

If it was up to me, I'd give them a MacArthur Genius grant to support their tech research hacks.

Til next week,
Ruth Ann Monti

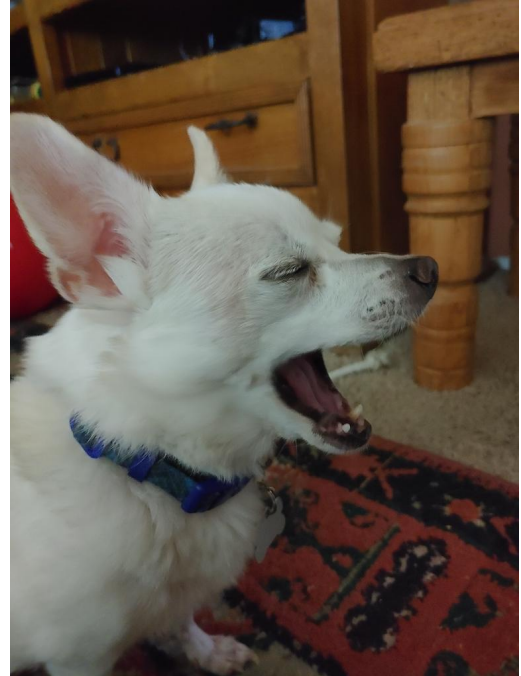
Writing Tips

I like dashes and prefer them over commas when I want to stress a point.

Example: My dog - a Chihuahua-Jack Russell mix - is very talkative.

Those dashes help the subject of my sentence (my dog) stand out a bit more. But I would use commas if I wanted to downplay my dog's genetics. Or I'd just leave them out.

Use parentheses to share information some of readers already know. Most of you, though, haven't had the pleasure (?) of meeting Sr. Blue.



Blue in mid-bark. Or is he yawning?

SEO/Content News

A Pew survey of Twitter users conducted five months after its sale finds that 60% have taken a break from the platform. One-quarter did not plan to return within the year.

Overall, almost 70% of women who responded said they have stepped away. Black users weren't far behind, with 67% saying they took a Twitter break, compared to 60% of White and 54% of Hispanic respondents.



Where did the women go? RitaE/Pixabay

Fewer than 10% of respondents cited their political leanings as a factor for staying or leaving. Respondents' ages had little impact on their actions.

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Wearable Tech Hacks for Health

People living with chronic illnesses are

using heart monitors in wearable tech - especially Fitbits and Apple watches - to catch changes in their heart rate variability (HRV), Rachel Fairbank reports in *Wired*.

HRV measures variations in timing between heartbeats. A higher HRV means the nervous system is responding to the body's needs. A low one can signal strain that can lead to overexertion or even crashing.

Smartwatches that monitor HRV are useful tools for patients with illnesses like long COVID or chronic fatigue / myalgic encephalomyelitis.



Apichit / Pixabay

Monitoring helps them control symptoms and maintain stability.

Fairbank used a sleep tracker with her Fitbit to monitor her resting heart rate during and after pregnancy.

Postnatal monitoring led to the discovery that she has a blood circulation disorder treatable with medication. Untreated, it can lead to hyper- or hypotension.



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