Personal touch signature makes mobile devices more secure

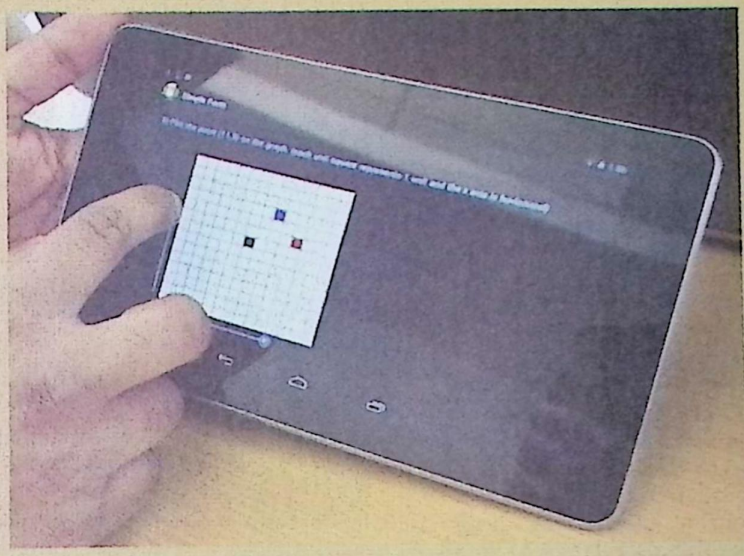


PHOTO COURTESY: GEORGIA INSTITUTE OF TECHNOLOGY

Passwords, gestures and fingerprint scans are all helpful ways to keep a thief from unlocking and using a cell phone or tablet. Cybersecurity researchers from the Georgia Institute of Technology have gone a step further. They've developed a new security system that continuously monitors how a user taps and swipes a mobile device. If the movements don't match the owner's tendencies, the system recognizes the differences and can be programmed to lock the device.

The new system is called LatentGesture and was used during a Georgia Tech lab study using Android devices. The system was nearly 98 percent accurate on a smartphone and 97 percent correct on tablets.

Morning rays keep off pounds

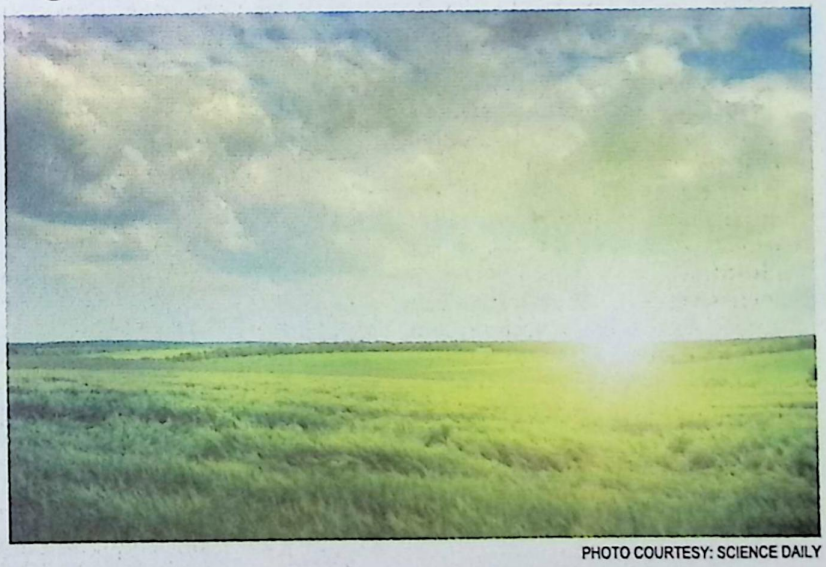


PHOTO COURTESY: SCIENCE DAILY

A surprising new strategy for managing your weight? Bright morning light. People who had most of their daily exposure to bright light in the morning had a significantly lower body mass index (BMI) than those who had most of their light exposure later in the day, reports a new study by a new Northwestern Medicine study. The earlier light exposure occurrs, the lower the BMI. The influence of morning light on weight was independent of physical activity, caloric intake, sleep timing, age or season.

"Light is the most potent agent to synchronize your internal body clock that regulates circadian rhythms, which in turn also regulate energy balance," wrote senior author Phyllis C. Zee, M.D. "The message is that you should get more bright light between 8 a.m. and noon." About 20 to 30 minutes of morning light is enough to affect BMI.

The study was published April 2 in the journal *PLOS ONE*.

– Collated by AMITAVA KAR