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Article

Exploration of the application of thermal conductivity of bio-textile materials in wearable devices: Insights from molecular biomechanics within cells

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Abstract: Heat can leave the body and enter the environment in several ways, including radiation, evaporation, conduction, and convection. Heat transmission between the human body and its environment is known as thermal management, and its goal is to maintain a comfortable body temperature by generating or storing body heat. Clothing regulates body heat and moisture, preventing health issues, and environmental problems due to increased energy consumption. At the cell molecular level, bio-textile materials interact with the body's thermoregulatory system. Cells have specific membrane proteins that act as sensors for temperature changes. When bio-textiles affect the temperature around cells, these proteins can trigger intracellular signaling cascades. This study investigates the application of thermal conductivity of bio-textile materials in the growth of wearable devices. The research aims to evaluate the thermal conductivity of several bio-textile composites such as cotton, hemp, and bamboo and identify viable options for wearable applications. The thermal characteristics of these materials were tested using standard methods for measuring thermal conductivity. The data is statistically analyzed using one-way ANOVA for variance analysis and Tukey's post-hoc test for the pairwise evaluations. In the study of bio-textile composites like cotton, hemp, and bamboo, understanding these cell molecular biomechanics helps explain why certain materials have better thermal management qualities. Moreover, prototypes of wearable devices, such as fitness bands and smart shirts, were established based on the measured thermal properties. The findings suggest that hemp has better heat management qualities than other bio-textile materials and can be used in wearable technology. Integrating these materials can improve comfort and functionality, aligning with customer demands for bio-textiles. User feedback on improved thermal regulation and wearability can be related back to how these bio-textiles affect cell function and molecular processes, providing a more comprehensive understanding for the development of future wearable solutions.

Keywords: thermal conductivity; wearable devices; bio textile; intracellular signaling cascades; user feedback

1. Introduction

Bio-textile materials are textiles that come from natural sources, such as animals (wool, silk), plants, or both. The modern textile industries, especially those in the healthcare sector, have seen significant changes or advancements in the integration of textiles with electronics, smart textiles, and nanotechnology. They are environmentally friendly and biodegradable. When associated with synthetic fabrics, they have assistance with breathability, hypoallergenic potentials, and sustainability [1]. Applications for these materials are raising in fashion, medical, and wearable technology sections. Their capacity to suggest comfort and functionality in inspired designs, as well as their compensation for the environment, are driving their increasing role. The characteristic of a material that controls its capacity to behave in heat is called thermal conductivity [2]. Rapid heat movement happens in materials with high thermal conductivity, whereas low thermal conductivity materials assist as insulators. It is vital in areas where heat management is critical, such as electronics, apparel, and building materials, and it is measured. By handling body temperature, the thermal conductivity group in wearable devices offers user comfort. The thermal conductivity of bio-textile materials describes how well natural fibres like wool or silk transport heat [3]. The capacity differs since these materials frequently have low thermal conductivity. Wearable devices can professionally control body temperature to complete their use as effective insulators. The feature enhances comfort by avoiding the risk of cooling or heating. Furthermore, smart wearables that are eco-friendly and energy-efficient might benefit from the thermal performance of bio-textiles [4]. Wearable devices are small and planned to quantify, monitor, or relate to different parts of the user's body or environment, like alerts, fitness metrics, or health metrics. Smartwatches, fitness trackers, and medical gadgets like heart rate monitors are a few instances. To deliver modified feedback, they frequently use wireless connectivity, sensors, and real-time data processing [5]. Since they are suitable and improve communication, health management, and lifestyle efficiency, wearable technology is becoming more and more general. Within the field of technical textiles, medical and healthcare textiles signify a significant growing sector. According to the Textile Institute, the phrase medical textiles refer to a broad category of textile assemblies and products that are formed and intended to be used in a range of medical contexts with implantable requests [6]. Since they insulate in contradiction to extreme heat or cold, natural fibers with low thermal conductivity, such as cotton and wool, contribute to the control of body temperature. For wearables to continue comfortable through extended usage, this feature is vital. A biosensor is a self-contained integral system that uses a combination of a transduction element and a biological recognition element to provide analytical information about an analyte, either quantitative or semi-quantitative, according to the International Union of Pure and Applied Chemistry (IUPAC) [7]. While genetically encoded sensors are easily combined into bench-top diagnostics, there aren't many wearable gadgets that make use of these technologies [8]. To maximize heat management for user comfort, thermal conductivity is applied in bio-textile materials for wearable technology [9]. These materials competently control body temperature by using natural fibers, which helps to avoid heating or extreme cooling while attractive in dissimilar activities. They can charge sensors or electronic components with body heat due to their thermal qualities, which also make energy-efficient designs possible. Through improving wearable's usefulness, this creative technique improves general presentation and inspires sustainability. Self-powered textiles, which can produce electrical impulses for a range of medical drives, mark a substantial advance in wearable technology [10]. Through the utilization of biomechanics, body heat, and metabolic processes, these novel materials can produce electricity without the need for external batteries. These eco-friendly energy translations make it possible to comfortably and inconspicuously display health markers, such as temperature or heart rate, continuously. Therefore, self-powered textiles have exciting forecasts for enhancing patient care and medical diagnostics while also fostering the development of environmentally responsible wearable gadgets [11]. They lessen the wearable bioelectronics' reliance on a power source and indeed offer extremely sensitive, real-time physiological status monitoring data. Furthermore, self-powered textiles could be efficiently incorporated into everyday clothing, such as wristbands, masks, and other clothes for constant monitoring, and are affordable, easy to make, and environmentally friendly. The increasing trend of putting electronics into regular clothing emphasizes how critical it is to develop materials that put comfort and efficient temperature control first [12]. Conventional textiles frequently lack the qualities needed to control heat effectively, which can cause discomfort when exercising. The flaw is particularly noticeable in wearable technology, where effective heat regulation is crucial to improving user experiences, such as activity trackers and smart apparel. Innovative materials that can address these twin needs, supporting active lifestyles while integrating technology, are needed to ensure optimal comfort and functionality in wearable applications, as customers want more from their apparel [13]. Since they effectively regulate heat, bio-textile materials made from natural fibers offer a possible substitute. Wearable technology can deliver better comfort during physical workouts by improving the thermal features of these fabrics [14]. **Figure 1** shows the utilization of bio-textile materials in thermal conductivity.

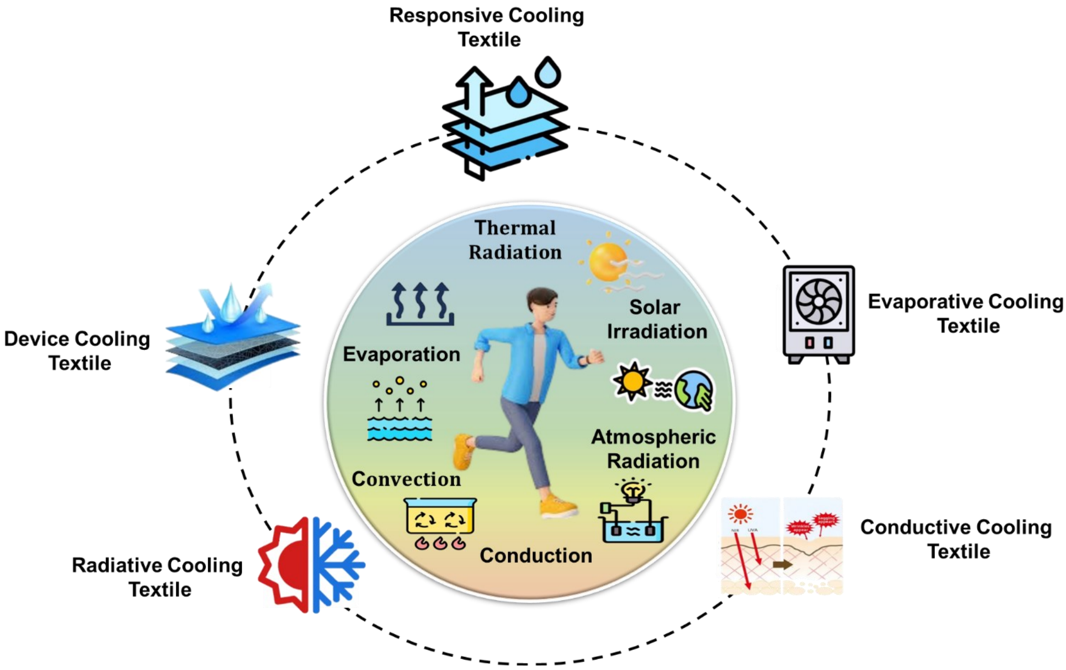

Figure 1. Bio textile in thermal conductivity.

A general investigation into materials capable of professionally controlling heat transmission in wearable technology has been caused by the increased attention to smart textiles. The request for textiles that enhance user experience during physical activities while simultaneously being comfortable is rising as technology develops. Natural bases of bio-textile materials have made them attractive options due to their special thermal characteristics [15]. Wearable sensing systems based on living cells must be able to deliver nutrients, collect waste, regulate temperature and gas levels, and handle many technological tests to remain viable and functional. Additionally, there can be biocontainment or biohazard subjects with genetically improved cells, especially if they are combined into clothing intended for consumer use. Furthermore, developing cell populations can experience a loss of genetic function and phenotype due to mutational stresses [16]. Even though these conductive materials are very flexible and stick well to the surface of fiber textiles, the long-term user strains that e-textiles are subjected to can lead to ink delamination and cracking, which reduces wireless power transmission (WPT) performance. Second, by combining these fibers' advantages to maximize performance, creative blending strategies can improve their functioning [17]. Creating wearable gadget prototypes with these materials in them enables in-person testing and user input. Working with manufacturers can help integrate cutting-edge technologies like smart textiles and sensors. Ultimately, user experiences and preference analysis will direct the development of bio-textile applications, guaranteeing that they satisfy the needs of consumers regarding sustainability and comfort [18]. The advancement of wearable electronics has sparked a re-evaluation of materials typically used in garments, with an emphasis on their thermal management characteristics. Sustainable sources of bio-textile materials have drawn interest since they improve the functionality of smart clothes and workout equipment. It is critical to investigate how these natural fibers can efficiently control heat transmission during physical activities as people want comfort and utility more and more [19]. Although traditional rechargeable batteries are frequently used to power e-textiles, the weight and rigidity of these materials can restrict the textile's ability to stretch and bend, which lessens user comfort. By intent on these materials' thermal characteristics, there is a need for invention original explanations that content changing customer needs and improve environmental sustainability. The outcomes will direct the creation and design of intelligent textiles that put the needs of the user and environmental responsibility first [20]. The objective is to gauge bamboos and other bio-textile products' thermal properties, hemp, and cotton, to regulate whether or not they could be used to advance wearable device comfort and thermal management. The problem of finding bio-textile materials with the best heat conduction to enhance wearable device comfort and functionality is tackled.

Key Contribution

- The study evaluates whether bio-textile materials like bamboo, hemp, and cotton, are thermally conductive and adequate to be used in wearable technology. To afford environmentally accountable solutions for smart textiles and wearables like fitness trackers and smart clothes, it seeks to classify materials that advance thermal management and user comfort.
- Standardized methods were used to measure the thermal conductivity of cotton, hemp, and bamboo for designing wearable prototypes like fitness bands and smart shirts. User feedback is gathered on the comfort and usability of these devices during physical activity. Statistical analysis such as ANOVA and Tukey's post-hoc test is utilized.
- The study found that hemp is the best bio-textile for wearable device thermal management, improving both functioning and comfort.

The paper is organized into several sections: Section 2 covers the literature review, Sections 3 and 4 depict the methodology and result. Sections 5 and 6 provide the discussion and the study's conclusion.

2. Related work

Yang et al. [21] aim to outline the wearable and implantable triboelectric devices constructed from naturally occurring biomaterials. There was also a discussion of the typical manufacturing process to turn these materials into triboelectric devices. It was conducted on the current obstacles and prospective prospects for the advancement of triboelectric devices utilizing bio-derived natural materials, with a focus on wearable and implantable applications, including human integration.

Ramasubramanian et al. [22] examined the low-carbon energy capture resources, techniques, and strategies that have been used recently for hydrogen, solar, mechanoelectrical, wind, then biological responses. They also covered testing methods to extract energy from human bodies to power devices that run on their own. It emphasized the importance of combining different energy extractors with state-of-the-art circuits to wrap up the assessment. It created a fresh platform for designing innovative self-powered electronics for the healthcare and textile industries.

Pradhan et al. [23] compared the many natural materials that are being utilized in active biodevices and parts that exhibit electrical or electronic functionality. It was claimed that eumelanin films might be grown electrochemically from a solution to create metal-supported electroactive melanin films. The resultant solutions can be cast or lyophilized to create thin-film substrates that hold nanowires or electrode arrays.

Yin et al. [24] accessed both medical and economic outcomes by effectively integrating into everyday clothing. For long-term real-time physiological status monitoring, they can be utilized to convert metabolic and on-body biomechanical, body heat energy into electrical impulses. The developed self-powered biomonitoring textiles were summed up in its overview laterally as three pathways: biochemical energy conversion, body heat, and biomechanical. It offered encouraging avenues for research, obstacles to overcome in the field, and perspectives for further advancement. To change standard healthcare into a personalized approach, the project was to shed light on the possible uses of smart textiles for self-powered biomonitoring.

He et al. [25] enhanced the wearer's wet-thermal comfort and healthcare performance was advantageous when using functionalized fabrics that can administer biofluid. They suggested a skin-friendly Janus electronic textile for biofluid management and analysis that was built on natural silk components. By employing components produced from biomass to bridge the gap between physiological comfort and sensing technology, it introduced a novel class of smart textiles for wet-thermal control and health monitoring.

Wang et al. [26] suggested that wearable electronics can multitask continuously to meet daily needs and they have been explored in great detail. In the meanwhile, there has been interest in wearable, lightweight, and flexible power sources that allow for sustainable energy and high-power conversion from ambient incomes. The suggested method employed moisture management fabric (MMF), which was frequently used in sportswear, as a transport layer for a flexible, wearable biofuel cell made of textiles that can provide high-power, sustainable energy harvesting. A comparison with those of cotton and paper was used to examine and validate the ensuing extremely effective power generation in MMF.

Piper et al. [27] evaluated the wearable sensors that are inexpensive and disposable were required, especially in the field of biomarker detection. As far as the authors were aware, it was the first all-textile device that could be functionalized with SAMs. Thiolate SAMs were arguably the most popular technique for fabricating electrochemical sensors. The sensors' glucose sensitivity was 126 ± 14 nA/mM, and their detection limit was 301 ± 2 nM. They were hence perfect for point-of-care sensing applications involving biomarker detection.

Pan et al. [28] enhanced and created an environmentally safe, biocompatible, and biodegradable cotton fiber-based piezoresistive textile (CF p-textile) for biomonitoring. A scalable dip-coating technique was used to create these CF p-textiles, which attached MXene flakes to porous cotton cellulose fibers. The 1, 4-glycosidic link breaks when the cotton cellulose is exposed to acid or breaks down naturally, converting it into low-molecular-weight cellulose or glucose. The process made the electronic textile biodegradable.

Zhang et al. [29] compared the next-generation clothing that integrates wearable electronics; temperature management and electricity production were quickly becoming essential features. But there haven't been many reports of such adaptable materials with a straightforward style and excellent comfort. They suggested a tri-layer textile that can produce electricity by harvesting biomechanical energy in addition to realizing solar and passive radiative warming. The fabric presented a viable path for the creation of a multipurpose textile that generates power and saves energy while maintaining wearers' thermal comfort.

Shi et al. [30] demonstrated that by effectively facilitating user adoption and establishing a sustainable circular economy, material advances can help achieve the transformative potential of wearable e-textiles. It suggested a cyclical e-textile paradigm for repair, recycling, replacement, and reduction. The framework laid out several practical guidelines for the production and marketing of e-textiles that were sustainable in the future.

Dulal et al. [31] analyzed the possibilities of using sustainable materials, production methods, and end-of-life procedures to create environmentally friendly electronic textiles. However, there were several obstacles standing in the way of the widespread use of e-textiles, including material sustainability and performance, challenging and complex e-textile production processes, and restricted end-of-life process ability. They discussed the current trends in development as well as the future paths for investigation on wearable electronic textiles. These comprise the development of sustainable manufacturing processes; an integrated approach to the next generation of intelligent, sustainable wearable e-textiles would be made possible by product design cantered on the application of environmentally friendly materials and a successful end-of-life plan. These textiles can either be recycled into value-added products or break down in a landfill without harming the environment.

Yin et al. [32] examined the advance of flexible to sweat sensors founded on textiles. Sweat quantity and ion concentration variations can be detected using sensors based on conductivity changes in sweat. These sensors could measure the conductance value straightaway. The issues and difficulties facing sweat sensors were provided, which might encourage future research and development.

Iqbal et al. [33] suggested the wearable gadget kinds that are currently being utilized in the healthcare industry were viewed. The situation also emphasized how well-equipped healthcare wearable devices (HWDs) could be used for monitoring different ailments, diagnosis, and then therapy. The limitations and challenges that these wearables already confront in the healthcare sector were also discussed.

Mishra et al. [34] examined the samples of woven glass, jute, and flax fabric that were created to serve as support for the composites to complete the bio-epoxy resin. To compare materials, glass woven cloth with a simple weave and a 3D orthogonal weave were used. Being an environmentally friendly and cost-effective source of materials for bio-composites, they can be utilized in applications with comparatively modest load-bearing capacities.

Tabor et al. [35] analyzed people's comfort needs in the present setting; a system of that kind might make use of thermal comfort methods, Machine Learning (ML), and the Internet of Things (IoT). The present status of textile-based active and inactive thermos physiological comfort preparations and technologies was outlined here, along with data on the main thermal comfort models, their influence on the environment, and comfort-influencing variables like heat and moisture transmission. Additionally, a thorough discussion of the benefits, drawbacks, and potential applications of both active and passive textile-based strategies such as actuators, flexible heating/cooling devices, and sensors was provided for textile-based wearable PTCSs.

Islas [36] suggested the main factors influencing the beginning and development of life on planet was humidity, which also remains a major regulator of how organisms. The physical characteristics of the cell elements, particularly the crucial the plasma surface, encode certain features of how simple and complicated creatures react to modifications in temperature. The techniques employed by the two categories appear to be substantially distinct, suggesting that climate responsiveness has changed multiple times during development, even though some of these sensors are very primitive discovered in very primitive microorganisms.

Bagriantsev and Gracheva [37] analysed the responding to environmental variations requires the capacity to perceive and react behaviourally to changes in the surroundings. Sensory data that is necessary for eliciting appropriate physiological and behavioural reactions is transmitted via peripheral neurones. In a number of situations, the structural foundation for the functional modification of thermo receptors has also been determined. Additionally, new research has shown that the selection of temperature niches affects the functional characteristics of Transient receptor potential (TRP) terminals. The aims to provide an overview of current developments is to thermo sensitive channel evolution in relation to a distinct physiologic system and flexibility in the environment.

Bao et al. [38] examined the molecular biomechanics has emerged as a crucial component of contemporary biology as a result of recent developments. These initiatives concentrate on comprehending the chemical processes of stress delivery, mechanosensing, and mechanotransduction in living cells, as well as research into the theory and experiment of the biomechanics of proteins and nucleic acid molecules. It is stated that young investigators in molecular biometrics need to be trained with a wider range of knowledge and that studies of biomechanics at the molecular, underground, and level of cells need to be bridged and integrated.

Liu et al. [39] developed the thermal sensitivity of the resultant vector mutants as well as the temperature-responsive interaction detection was assessed using single-cell calcium imaging and confocal analysis. The ability to sense variations in the body's interior and exterior conditions is essential for maintaining equilibrium, ensuring proper metabolic processes, and ensuring existence. To identify the basic processes of sensitivity warming sensation, the research builds on earlier investigations. To investigate this process in greater depth, more tests and different approaches will still be needed.

Okabe and Uchiyama [40] demonstrated through spontaneously the production of heat and creatures' reactions to changes in external temperature, classical thermal biology has clarified the biological significance of temperature regulation [40]. TRP channels and heat shock proteins (HSPs) are examples of thermo sensitive micro molecules whose complex roles have been elucidated. Intracellular thermometry and traditional biological methods were used to determine the thermogenic properties of brown a population of and high-resolution internal the environment mapping has shown thermogenic structures.

Somero [41] created the Heat Shock Response (HSR) is triggered by protein-damaging stress. Cell survival or death is largely determined by the HSR, which also gives cells a greater capacity to withstand proteotoxic assaults. As a result, altering the HSR and its wider network has emerged as a desirable therapeutic approach for various conditions. Effective therapy development, necessitate a thorough comprehension of the HSR, whose key characteristics are discovered and not fully recognised.

Knapp and Huang [42] examined the biological structures are affected by temperature on all temporal and length scales. Temperature can influence folding of proteins, cell molecular makeup, and volume growth. Cells and the chemical reactions that make them up react to temperature changes on short timescales. The Arrhenius calculation of equilibrium thermodynamic which has a stimulating energy comparable to that for various catalysts but with peak performance growth rates and throughout organisms-specific variations in temperature, is interestingly followed by the growth rate of the majority of organisms. To adjust to temperature changes and how temperature affects evolution and bacterial ecosystem characteristics.

Auliciems [43] described the topic of whole person responsive comfort is examined in light of current discoveries in molecular scale networks biology. New possibilities for indoor environmental control and design result from the upscaled findings to hypotheses pertaining to unconventional readings of thermal procedures. Before praising a specific adapted state, it is suggested that several concerns about flexibility need to be answered.

3. Materials and method

The study inspects the thermal conductivity of bio-textile materials, such as bamboo cotton, and hemp. The thermal conductivity is measured using standard techniques, with a guarded heat flow meter being used to confirm reliable values. Wearable technology prototypes with these materials were created for user testing while engaging in physical activities.

3.1. Data collection

To gather data for this study, standardized instrumentation methods were used to measure the thermal conductivity of several bio-textile composites, such as cotton, hemp, and bamboo. The assessed thermal properties data is used to design wearable device prototypes, like fitness bands and smart shirts. Feedback is used to get user input on the usability and comfort of wearable prototypes like fitness bands and smart shirts during physical movement.

3.2. Mechanical properties

The three materials that are used in this study are bamboo, cotton, and hemp, each having specific thermal characteristics. Hemp possesses the highest thermal conductivity compared to all of the above; hence a great absorbent and releases heat easily. Hemp would, therefore, be appropriate to use to ensure comfort when performing some activity. Bamboo is a material that is well known to absorb moisture well, so has average heat regulation as well as breathability. Cotton is breathable but very poor at heat conduction. Its heat retention is usually greater compared to hemp and bamboo during extreme activities. These differences in thermal properties underscore the potential of each material for wearable technology, particularly in terms of user comfort and energy efficiency. These mechanical attributes could consist of:

Tensile Strength: It measures the tensile strength of the material and the force at which it begins to break, which is a significant characteristic of wearables.

Flexibility and Elasticity: This ensures that the clothes worn are comfortable and adaptive while the devices can be used for a long time.

Tear and Abrasion Resistance: Important for wearables, which are prone to friction and probable frequent movement. This is the textile’s ability to endure wear.

Drape and Hand Feel: Although more qualitative, these properties affect the feel of the textile against the skin, which is crucial for user comfort.

Breathability and Moisture Management: Regulates body temperature and prevents discomfort in physical activity by letting heat and moisture pass through.

3.3. Statistical analysis

The objective is to measure the variations in thermal conductivity between different bio-textile materials (cotton, hemp, and bamboo) to determine the effect on wearable device thermal regulation and user comfort. For this study, ANOVA and Tukey’s post-hoc test are utilized. A one-way ANOVA is used to inspect the thermal characteristics of cotton, hemp, and bamboo. The study of Tukey’s post-hoc test conducted pairwise comparisons across the bio-textile materials to determine which materials exhibited statistically significant variations in heat conductivity. This aided in the investigation of the cause of variance.

4. Results

The study of the thermal conductivity of bio-textile materials demonstrates that hemp, bamboo, and cotton vary significantly from one another. Hemp has the maximum thermal conductivity, followed by bamboo and cotton. Hemp and bamboo have much improved thermal management competencies than cotton, according to statistical tests incorporating ANOVA and Tukey's post-hoc test. The ANOVA test confirmed the materials' varying capacities for heat transport by demonstrating a significant variation in thermal conductivity. Hemp has improved temperature regulation as evidenced by its significantly lower thermal conductivity compared to bamboo, according to post-hoc analysis using Tukey's test. Customer feedback demonstrates a clear partiality for hemp, emphasizing how well it controls body temperature and how comfortable it is overall. Equally, cotton was assumed to offer just comfort and inadequate heat regulation. The results point out the possibility of bio-textile materials, particularly hemp, in showing wearable technology. These findings are helpful in forming innovative, eco-friendly, and functional smart fabrics.

Thermal conductivity measurements

Thermal conductivity tests measure a material's capability to allow for the flow of heat: critical in determining whether it could hold up as a wear-to-control-temperature article. Standardised testing is followed in terms of making these measurements; otherwise, different measurements would always yield diverging results. In this measurement procedure, a rate of flow of heat through the specimen of bio-textile under test is recorded while the temperature difference across a controlled, exemplar unit is being kept constant. Statistical methods are further used to support the strength of analysis so that the results remain valid and can be compared with many materials.

Thermal conductivity is critical to understanding the behavior of materials at varying temperatures, especially when the application has significant control requirements over temperature. For example, in the case of wearable technology, how the material can conduct heat would impact comfort and functionality in the garment; therefore, an assessment of thermal conductivity would be important. Standardized tests for the assessment of thermal conductivity are ensured to always provide reliable, reproducible data by conducting steady-state or transient testing. Testing can be characterized by the known temperature applied across the material, or by maintaining a known gradient and computing heat flux at the place where the measuring device lies to calculate conductivity. For instance, one of the most common methods involves sandwiching the material between a hot and cold plate. Then, the flow of heat as it moves through the sample is measured. Apart from physical measurement, statistical methods are applied in the analysis of data gathered. These techniques cover all possible variations or uncertainties in the measurements and thus make it possible to make more accurate comparisons between different materials. It is through statistical analysis that one can assess the consistency and reliability of the data, especially when evaluating bio-textile materials of different compositions and properties. These parameters are essential for selecting the optimal bio-textile options that can enhance the thermal management of wearable devices in **Figure 2** and **Table 1**, which is essential for determining whether the materials used in wearable technology are suitable.

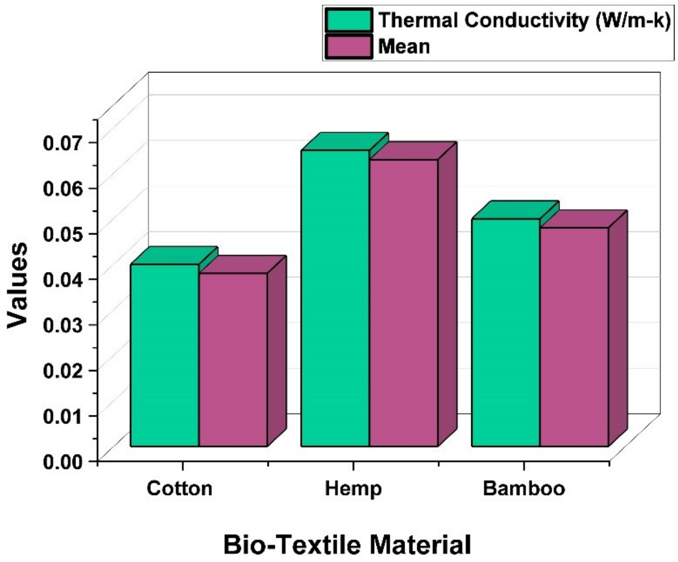

Figure 2. Performance of thermal conductivity.

Table 1. Thermal conductivity measurements for bio-textile materials.

Bio Textile Material	Thermal Conductivity	Mean
Cotton	0.04	0.038
Hemp	0.065	0.063
Bamboo	0.050	0.048

The heat conductivity of three bio-textile materials, which are cotton, hemp, and bamboo, is represented in the bar graph. The purple bars show the mean thermal conductivity for each material, showing the regular value with standard deviation, while the green bars show the values of thermal conductivity expressed in watts per meter-kelvin (W/m-k). With a mean value of 0.038, cotton has a thermal conductivity of only 0.04, which means it cannot conduct heat as well as other materials. Equally, hemp exhibits better heat management qualities through a mean thermal conductivity of 0.063 and a higher value of 0.065. Bamboo displays good thermal characteristics, falling between a mean of 0.048 and a thermal conductivity of 0.050. Hemp has the maximum heat conductivity, followed by bamboo and cotton, which have the lowest, as can be seen from the graph. It suggests that hemp is the best at transporting heat, which makes it a better option for applications requiring excellent thermal management. The graphic representation highlights the dissimilar thermal characteristics of these materials, highlighting their possibility in the creation of wearable technology that puts importance on practicality and comfort. Based on this comparison, hemp is the best choice for wearable device applications that need efficient heat management.

A comparison of the thermal conductivities of cotton, hemp, and bamboo reveals that each has distinct properties that make it suited to specific applications, and this is particularly true for wearable technology. The ability of a material to transfer heat is important in determining the comfort and practicality level of textiles. The cotton has a lower thermal conductivity, it tends to retain warmth and be more suitable for colder climates or winter wear. Thebamboohasintermediate thermal conductivity,itwould balance retainingheatanddispersing it, potentially offering comfort in both warm and cool conditions. The highest thermal conductivity is possessed by hemp, which means that it will dissipate heat better and can be used for applications in which cooling is critical. These differences bring out the possibility of bio-textiles not only for daily use but also in high-tech applications where temperature regulation becomes critical. In this context, the material choice can be optimized in terms of comfort, warmth, or efficient cooling based on wearable technology demands, and hemp leads as a promising candidate for advanced thermal management.

One-Way ANOVA

The one-way ANOVA approach assesses the comparison among the means of three or more samples. This technique is limited to numerical data. The ANOVA observes the null hypothesis, which states that samples from populations with similar mean values are used to generate two or more groups. The population alteration is assessed to accomplish this. The ANOVA computes the variance ratio, or f-statistic, between sample variances and mean variances. According to the central limit theorem, there should be less variation among group means than there is between sample variances if the group means are drawn from populations with comparable mean values. **Table 2** represents the ANOVA results between the group differences.

Table 2. Analysis of Variance (ANOVA) results on group differences.

Source of Variation	Degree of Freedom (df)	The sum of Squares (ss)	F-Value	Mean Square (ms)	P-Value	Signification
Within Groups	27	0.0045	-	0.00017		
Between Groups	2	0.0058	12.45	0.0029	< 0.01	Significant
Total	29	0.0103	-	-		

The outcome of ANOVA is very helpful information concerning the variation with regard to thermal conductivity how differing bio-textile materials are. Specifically, it is from the given data that the sum of squares of groups equals 0.0058; when the number of degrees of freedom 2 is used to divide, the average square will equal 0.0029. Such a measure would indicate just how far and away each of the categories of the material deviate from their mean. Given that it considerably surpasses the crucial number usually employed to assess statistical significance, the computed F-value of 12.45 proposes a strong association between the groups. Coupled with a p-value of less than 0.01, these data strongly show that the heat conductivity of the different bio-textile materials varies significantly. On the contrary, the within-group differences sum of squares, which has 27 degrees of freedom, is 0.0045, which illustrates the variability in thermal conductivity that occurs within each material group. This suggests that although individual samples within a group vary, overall group differences are more noticeable. With 29 degrees of freedom, the overall sum of squares is 0.0103, which supports the idea that there are notable differences among the materials under study. The significant variance in heat conductivity could also provide information on how to best choose materials for improved heat regulation, which eventually enhances user comfort and usefulness of smart textiles.

The ANOVA results show that the differences in heat conductivity among bio-textile materials are statistically significant and also hint at some implications for material selection in textile engineering. If such significant variance in thermal properties is pinpointed, then designers and researchers can learn from it about the particular characteristics of each material type responsible for better heat regulation. This would allow tailoring of materials for specific applications, like wearable technologies or smart textiles, which can involve body temperature regulation or environmental insulation. Furthermore, results are highlighted in this grouping of materials based on their heat conductivity to further target functional design with reduced resource allocation in manufacturing. For example, high-conductivity materials can find application in sportswear, where heat dissipation is critical, and vice versa for low-conductivity materials, which are more suitable for insulation wear. Such analysis guides innovation in the applications of textiles. Innovations ensure that such products can meet the users' need for functionality besides making sure that they comfort and suit the users according to variations in climatic conditions.

4.1. Tukey's post-hoc test

The statistical method known as Tukey's post-hoc test is used to regulate which particular groups differ from one another significantly. To find out if there is a substantial difference between the group means, it compares every feasible pair of group means. To ensure that the findings are trustworthy when performing many comparisons, the test accounts for Type I errors. As Tukey's test identifies the specific distinctions between groups, it is significant for examining disparities between them. **Table 3** shows Tukey's post-hoc test results.

Table 3. Tukey's post-hoc test outcomes.

Comparison	Mean Difference	*P*-Value	Significance
Hemp vs Cotton	0.025	<0.01	Significant
Hemp vs Bamboo	0.015	0.03	Significant
Cotton vs Bamboo	0.010	0.10	No Significant

There are notable variations in the thermal conductivity of hemp, cotton, and bamboo when compared to one another. With a *p*-value of less than 0.01 and a mean difference in heat conductivity of 0.025 between hemp and cotton, there is a statistically significant difference. In a similar vein, a significant difference is confirmed by the comparison of hemp and bamboo, which reveals a mean difference of 0.015 with a *p*-value of 0.03. The comparison of the heat conductivity of cotton and bamboo, however, shows a mean difference of only 0.010 and a *p*-value of 0.10, indicating that there is no discernible difference between the two materials. This investigation demonstrates hemp's higher thermal performance in wearable applications over bamboo and cotton.

Differences in thermal conductivities obtained between hemp and cotton, and hemp and bamboo, suggest varying degrees of capability to regulate heat and could affect their suitability for some wearable applications. Hemp's significantly higher thermal conductivity could enable the better dissipation of body heat, making it more comfortable to wear, especially in warmer climates or during physical activity. Significant mean differences between hemp and both cotton and bamboo, combined with low p-values, support the findings and further emphasize hemp as superior in thermal properties. However, the similarity between cotton and bamboo, particularly concerning thermal conductivity, means that they can perform comparably under moderate conditions of heat management. These insights not only expose the potential of hemp as a performance-oriented textile but may also indicate that, perhaps, cotton and bamboo would be much better suited for applications demanding less extreme thermal control.

4.2. User feedback on bio-textile materials

User feedback on bio-textile materials revealed that wearables made of hemp offered better comfort and thermal regulation when engaging in physical activity. Compared to bamboo and cotton, participants said hemp offered superior moisture-wicking and breathability. The majority said hemp was better since it keeps their body temperatures lower and is more wearable overall. Cotton was less popular because of its greater heat retention than bamboo, which is equally highly rated. **Table 4** shows the feedback of users.

Table 4. Feedback of textile materials.

Facebook Aspect	Cotton	Hemp	Bamboo
Comfort	Moderate	High	Moderate
Thermal Regulation	Poor	Excellent	Good
Wearability During Activities	Fair	Very Good	Good
Overall Satisfaction	Moderate	High	Moderate

There are obvious differences when considering cotton, hemp, and bamboo in terms of comfort, thermal regulation, wearability in activity, and overall enjoyment among these bio-textile materials. As for cotton, its poor thermal regulation makes it unbearable with temperature changes; although it does offer fair wearability and moderate comfort with activity. Hemp has exceptional thermal regulation, excellent wearability, and excellent heat management, all leading to high user satisfaction. Although bamboo provides satisfactory comfort and temperature regulation, it is not as wearable and satisfying as hemp. In the present study, advantages of hemp are highlighted that it is a better substitute for wearable technology in comparison to others, especially about user comfort and performance when vigorously used.

These bio-textile materials-cotton, hemp, and bamboo-are different not only in terms of comfort and wearability but also in terms of environmental impact and durability. While cotton is widely used and known for its softness, it requires large amounts of water and pesticides, which have negative impacts on the environment. The fibers tend to wear out fast when washed frequently, thereby reducing their longevity. Hemp, for instance, is completely sustainable, as it grows highly in the shortest possible time and hardly requires much water, in addition, it does not even require the use of pesticides while growing hence it is quite environment friendly. Also, the hemp fibers are stiff by nature and soften even after many washes thereby remaining highly popular for a long duration of wear. While bamboo is famous for its breathability and moisture-wicking qualities, it is usually subjected to heavy chemical processing that changes the raw bamboo into a wearable fabric that could potentially reduce its eco-friendliness. Moreover, though the texture of bamboo is very smooth and offers mid-range durability, it does not compete with hemp in resilience or environmental benefits. Therefore, beyond comfort and performance, sustainability and longevity make hemp an excellent contender for wearable technology and eco-friendly fashion as the green-conscious consumer is becoming an increasingly significant driver of change in demand for environmentally sound materials.

5. Discussion

The results of this examination highlight the essential function that heat conductivity plays in wearable device performance, particularly when it comes to enhancing user comfort during vigorous activities. Hemp has a greater capacity to control heat than other bio-textile materials, like cotton or bamboo, because of the significant differences in their thermal properties that are revealed through the evaluation process. Users are prioritizing both performance and environmental outcomes, which is in line with the growing consumer demand for sustainable and functional textiles. Comfort and energy efficacy are improved when bio-textile materials are successfully incorporated into smart clothes and fitness trackers. This is because these materials can lessen the need for artificial climate control in wearable technology. User comments support the assumptions even more, presenting that improvements in heat regulation have a beneficial influence on wearability and workout happiness in general. Further investigation on tailoring smart fabrics that dynamically adjust to changing thermal requirements based on individual activity levels or ambient variables is made possible by this research. The knowledge gathered from this study can help shape future designs in the field of wearable technology, guaranteeing that environmentally friendly materials satisfy user functional requirements. The research into bio-textiles for wearables is an important step toward creating novel solutions that blend cutting-edge functionality, comfort, and sustainability. The investigation of thermal conductivity in bio-textile materials for wearable technology presents several benefits, one of which has improved user comfort via efficient temperature control during exercise. The use of natural fibers in these products encourages sustainability by lowering dependency on synthetic substitutions. Furthermore, the incorporation of bio-textiles might enhance the functioning of smart wearables, satisfying customer needs for eco-friendly and inventive solutions. Wearable devices, especially those used in sports and fitness, generate significant heat both from body activity and electronic components. Good heat regulation can prevent overheating, thus prolonging the life of devices through lessened stress on sensitive components. Hemp, particularly, is outstanding in this respect. Its superior thermal regulating properties stem from its unique structure of fibers, allowing it to absorb and release heat better than cotton bamboo or synthetic alternatives. This feature is useful where users can wear these devices continuously, minimizing discomfort brought about by sweat build-up or heat retention. Absorbent excess humidity and improved air circulation, hemp works to eliminate irritation in the skin together with chances of bacterial development, one important feature especially where consumers are sweating or tend to sweat in those fitness uses. Bio-textiles, such as hemp, provide more for sustainability due to the elimination of synthetic products that expose higher environmental risks: production and disposal. With fibers that are naturally biodegradable, textile manufacturing is greatly reduced, making it lesser in its carbon footprint associated with traditional production. More efficient use of the resource due to fewer required pesticides compared to cotton use and its demand for considerably less water compared to using cotton renders hemp a favorable choice among wearables designed for high volume. For manufacturers and other companies related to wearable devices, integration could give them better responses to sustain the upward demand for "green-friendly" consumer needs. As environmental considerations increasingly become the heart of consumer choice, companies embracing bio-textile solutions can make a brand more loyal and better positioned in the marketplace by the values of sustainability and innovation. The findings also provide support for the future development of "smart" bio-textiles that dynamically change based on changes in the environment or the activity of the wearer. For example, with adjustment of thermal properties to elevate activity levels, potentially offers even greater comfort and performance. In such extreme environments, rapid changes in heat dissipation and moisture control would be very crucial, and this can be particularly very useful. That is, it goes far beyond basic comfort to influence technical performance, sustainability, and even commercial appeal in wearable technology. With the more extensive research that will be unrolled, will be seeing even new applications of bio-textiles in a range of wearable products from sports gear to medical devices being benefited by combining focus on impact and user experience with innovative functionality.

Compared to previous research, this study advances the understanding of bio-textile materials, particularly hemp, in wearable technology by emphasizing its superior heat regulation properties and its role in enhancing user comfort during physical activities. It highlights the dual benefits of hemp in optimizing temperature control while promoting sustainability, which addresses both performance and environmental concerns. Additionally, the study referred to the avenues adapt to changes in activity levels or environmental conditions, setting the stage for more functional and eco-friendly wearables.

6. Conclusion

To enhance heat management in wearable technology, this study investigated the thermal conductivity of bio-textile materials like cotton, hemp, and bamboo. Based on these natural fibers, an investigation was conducted to upgrade user comfort in fitness wear and smart clothing by measuring their heat-regulating capabilities. The results will support material selection for wearable devices in a sustainable manner which would be more efficient as well as comfortable. Another potential scope of this work would be to investigate the additional bio-textile materials such as Tencel or ramie to be applied for thermal management with wearable devices. Deeper explorations could include long-term appearances and durability's of materials under other environmental conditions. There also is interesting potential in being able to integrate sensors in real-time monitoring of temperatures and moisture levels in fabrics as smart materials. Cooperative working with producers could expedite the creation of product designs that capitalize on discoveries, making them viable as commercially successful products. Contributions may be made to research efforts toward the creation of high-performance, sustainable wearables.

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