Weekly Data Bytes

OpenAI connects medical records and Apple Health to ChatGPT

- Health remains available through the ChatGPT sidebar as the central place for connecting accounts, viewing records and trends, managing information and returning to earlier health conversations. Users can also add @Health to a message when they want ChatGPT to include their health context explicitly.
- OpenAI cites feedback from early users who wanted help organizing records dispersed across different services. Blake, identified as a technical program manager, says: “The most useful part has been turning scattered medical history into something I can actually understand and explain.”
- Personalized responses still depend on the quality of the connected information. OpenAI warns that records may be incomplete or outdated, including medication lists that have not been updated after someone stops taking a drug. Users are advised to check important details against the original record.

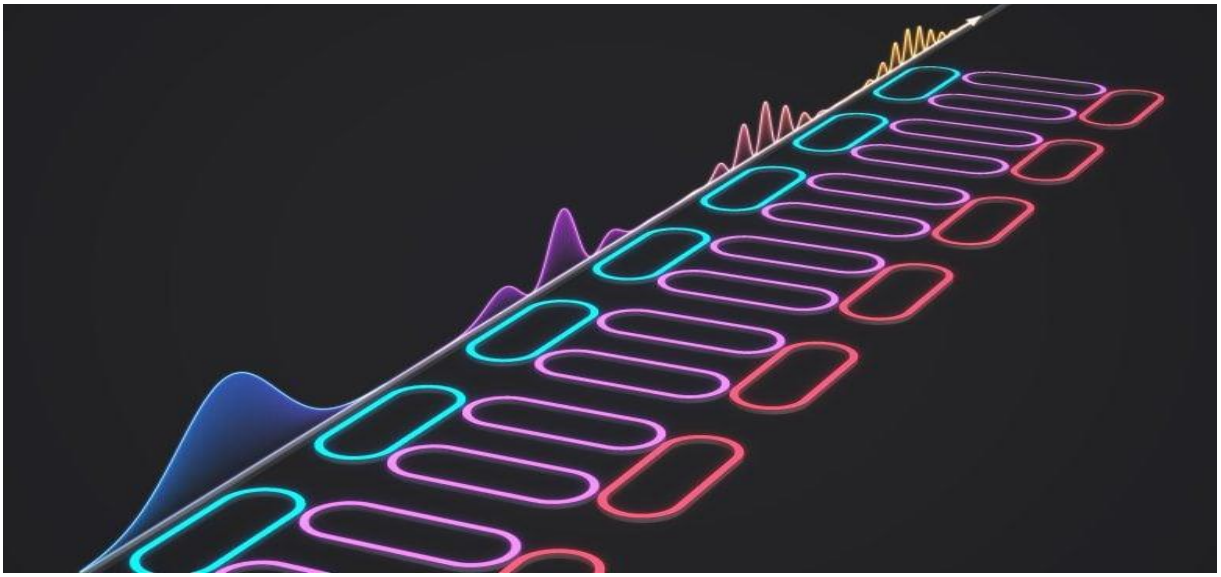
Source:https://www.edtechinnovationhub.com/news/openai-connects-medical-records-and-apple-health-to-chatgpt

From Silicon Valley to DC, the tech world is suddenly obsessed with one concept in AI: Distillation

- Earlier this year, Google AI lead Jeff Dean, on a podcast, discussed a concept that, at the time, was hardly spoken about outside of wonky tech circles: distillation.
- In talking about the development of Google's AI models, Dean said that he and colleagues discovered artificial intelligence distillation techniques because Google was looking to improve performance on its systems without relying on one large image recognition model.
- "Through distillation, which is a key technique for making the smaller models more capable, you have to have the frontier model in order to then distill it into your smaller model," Dean said in February.

Source: https://www.cnbc.com/2026/07/25/hat-is-distillation-and-why-is-everyone-so-obsessed-with-it-this-week.html

Scientists Built a Programmable Chip That Can Slow Light on Command

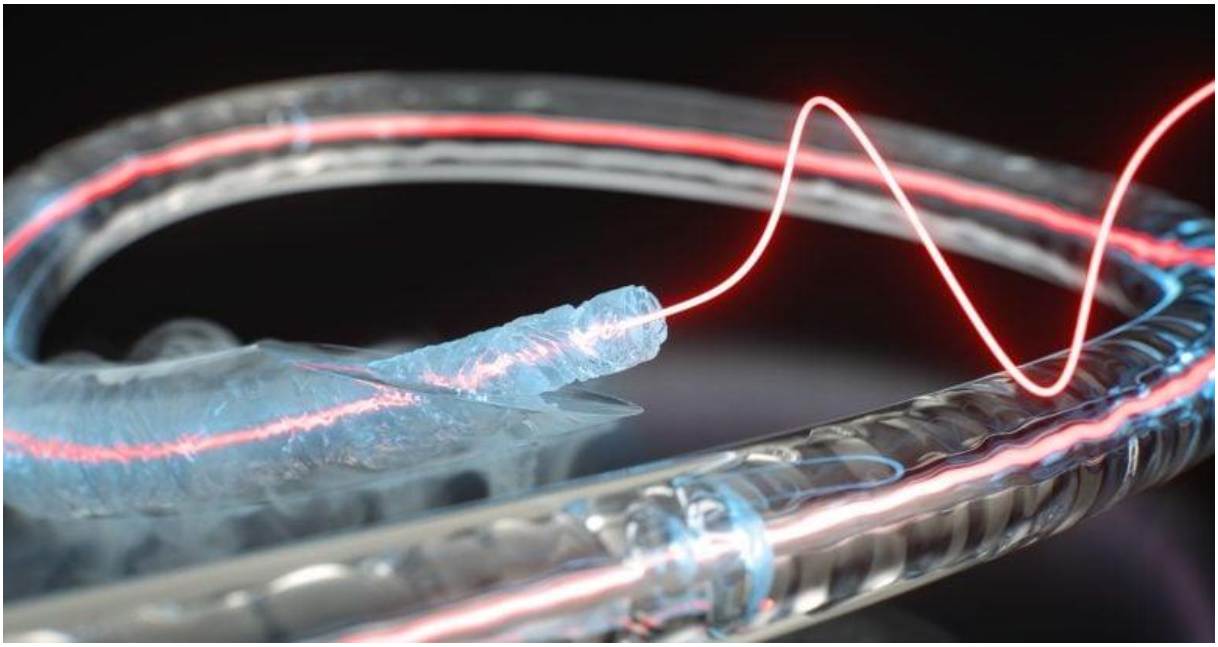


- **New technology enables light to be stored, delayed, and controlled within a single photonic chip, with potential applications in low-power optical computing for AI servers and next-generation optical communication systems.**

- Light moves quickly enough to transmit enormous amounts of information, but that speed creates a problem when a computer needs to hold, delay, or synchronize an optical signal. Researchers from Seoul National University and the University of Seoul have now designed a programmable photonic integrated circuit that can slow light whenever needed.

Source: https://scitechdaily.com/scientists-built-a-programmable-chip-that-can-slow-light-on-command/

A Fiber Frozen at -196°C Unlocks a New Way To Store Light



- **A frozen-core optical fiber has revealed a powerful new way to control interactions between light and sound.**
- Molten lava hardens into rock as it cools, much as the surface of a lake freezes during a cold winter. In both cases, a liquid becomes a solid, changing physical properties such as density and refractive index, which influence how sound and light travel through the material.

- A related process is used to manufacture optical fiber by heating glass preforms until they soften enough to be drawn into thin strands. Light travels through the fiber core, carrying information rapidly across long distances and making these fibers essential to telecommunications

Source: https://scitechdaily.com/a-fiber-frozen-at-196c-unlocks-a-new-way-to-store-light/

China's humanoid robots face their real test on the factory floor

- Separating two pieces of fabric may look simple. For a humanoid robot, however, the soft, slippery material is a demanding test of dexterity: too much force can distort it, while too little leaves it beyond the robot's grip.

- Yet in Chinese garment factories, robots developed by Aitu, an intelligent sewing technology company based in east China's Zhejiang Province, are already being tested for separating fabric pieces, lifting them, laying them flat, and aligning them for sewing.

- For a single product category and fabric type, the company says its robots have achieved a 97% success rate in separating fabric pieces, with more than 98% of the resulting sewing work meeting quality standards.

Source: https://news.cgtn.com/news/2026-07-25/China-s-humanoid-robots-face-their-real-test-on-the-factory-floor-1P3NAXAS2Gs/p.html