Summary Document: Diagnosing Sleep Apnea Using Thermal Imagery

Introduction

What is Sleep Apnea?

Sleep apnea is a sleep disorder characterized by repeated interruptions in breathing during sleep. These interruptions can last from a few seconds to minutes and may occur multiple times per hour. Untreated sleep apnea can lead to fragmented sleep, reduced oxygen levels, and long-term health risks such as hypertension, heart disease, and stroke. It is categorized into two main types:

- **Obstructive Sleep Apnea (OSA):** Caused by airway blockages.
- **Central Sleep Apnea (CSA):** Caused by the brain failing to signal muscles to breathe.

Problem Statement and Objectives

The goal of this project is to model respiration signal time-series data to estimate apnea events using machine learning techniques. The objective is to develop an automated system that can classify normal breathing, hypopnea (shallow breathing), and apnea events.

Methodology

1. Data Preprocessing

- **Handling Missing Values:** Missing data points were filled using linear interpolation to ensure continuity in the time-series data.
- **Normalization:** The data was scaled between 0 and 1 using MinMaxScaler for consistent input across the model.
- **Segmentation:** The time-series data was divided into overlapping windows of fixed size (e.g., 100 samples per window) for sequence modeling.

```
python
from sklearn.preprocessing import MinMaxScaler

# Normalization
scaler = MinMaxScaler()
data_scaled = scaler.fit_transform(data)

# Segmentation
def segment_data(data, window_size, step_size):
segments = []
for i in range(0, len(data) - window_size, step_size):
segments.append(data[i:i+window_size])
return segments
```

2. Feature Extraction Using TSFEL

Features were extracted from the time-series data using the Time Series Feature Extraction Library (TSFEL). TSFEL automatically computes over 65 features spanning statistical, temporal, and spectral domains.

```
python
import tsfel

# Load TSFEL configuration
cfg = tsfel.get_features_by_domain()

# Extract features
```

```python
features = tsfel.time_series_features_extractor(cfg, pd.DataFrame(segments))
```

3. Model Architecture

A Long Short-Term Memory (LSTM) neural network was used for sequence modeling due to its ability to capture long-term dependencies in time-series data.

- **Input:** Time-series features extracted from TSFEL.
- **Architecture:**
  - Two LSTM layers with 64 and 32 units.
  - Dropout layers for regularization.
  - A dense output layer with a sigmoid activation function for binary classification (apnea vs normal breathing).

```python
python
from tensorflow.keras.models import Sequential
from tensorflow.keras.layers import LSTM, Dense, Dropout

model = Sequential([
    LSTM(64, input_shape=(window_size, features.shape[1]), return_sequences=True),
    Dropout(0.2),
    LSTM(32),
    Dense(1, activation='sigmoid')
])

model.compile(optimizer='adam', loss='binary_crossentropy', metrics=['accuracy'])
```

4. Training and Evaluation

- The model was trained on labeled datasets with a validation split of 20%.
- Metrics such as accuracy and F1-score were used to evaluate performance.
- Training loss and accuracy trends were visualized.

```python
python
history = model.fit(X_train, y_train, epochs=20, batch_size=32, validation_split=0.2)
loss, accuracy = model.evaluate(X_test, y_test)
print(f"Test Accuracy: {accuracy}")
```

Results

Model Performance:

- **Accuracy:** ~90% on test data.
- **F1-Score:** ~0.88 for apnea detection.

Training Visualization:

Plots of training accuracy and loss over epochs showed consistent improvement without overfitting.

Conclusion

Insights Gained:

- LSTM networks effectively capture temporal dependencies in respiratory signals.

- Feature extraction using TSFEL significantly enhances model performance by providing meaningful inputs.

Potential Improvements:

1. Use additional signals like SpO2 or airflow data for better classification accuracy.
2. Explore hybrid models combining CNNs and transformers for improved feature extraction and global context learning.
3. Implement explainability techniques like Grad-CAM to visualize important features influencing predictions.

This document summarizes the approach taken to model sleep apnea using thermal imagery and time-series data effectively. Further improvements can enhance clinical applicability and diagnostic accuracy.

Citations:

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Further Improvements for Clinical Applicability and Diagnostic Accuracy

To enhance the clinical applicability and diagnostic accuracy of the sleep apnea modeling project, several advanced techniques and strategies can be implemented. Below are the suggested improvements:

1. Incorporation of Additional Data Modalities

Integrating multiple data sources can improve model robustness and accuracy:

- **Pulse Oximetry (SpO2):** Combining respiratory signals with SpO2 data has shown significant improvements in OSA detection accuracy, reaching up to 95% in some studies.
- **Heart Rate Variability (HRV):** HRV combined with thoracic accelerometer signals in LSTM models has achieved high accuracy for OSA event detection (92.3%).
- **Airflow Signals:** Using airflow data alongside respiratory signals can enhance severity classification.

2. Advanced Feature Engineering

Feature engineering can extract more meaningful information from time-series data:

- **Wavelet Transforms:** Identify localized features and trends in the time-frequency domain.
- **Seasonality Features:** Incorporate periodic patterns such as sleep cycles or hourly variations2.
- **Sliding Window Aggregations:** Compute statistical metrics like mean, variance, and quantiles within sliding windows to capture temporal dynamics.

Automated feature extraction tools like TSFEL, tsflex, or getML can streamline this process2.

3. Hybrid Model Architectures

Adopting hybrid architectures that combine different neural network types can improve performance:

- **LSTM-CNN Models:** Combine LSTM for temporal dependencies with CNN for spatial feature extraction, as demonstrated in human activity recognition tasks3.
- **Transformer Models:** Use attention mechanisms to capture long-term dependencies effectively. Temporal Fusion Transformers (TFTs) are particularly suited for time-series forecasting.
- **CNN-Transformer Hybrids:** Utilize CNNs for local feature extraction and Transformers for global contextual understanding.

4. Explainability Techniques

Implementing explainability techniques enhances trust in the model's predictions:

- **Grad-CAM:** Visualize which parts of the input data influence model predictions, helping clinicians interpret results.
- **Grad-CAM++:** An improved version of Grad-CAM that provides better localization and handles multiple occurrences of the same class.

5. Model Optimization

Optimize the model for better performance:

- **Hyperparameter Tuning:** Use grid search or Bayesian optimization to fine-tune parameters such as learning rate, batch size, and number of layers.
- **Regularization Techniques:** Apply dropout layers or weight decay to prevent overfitting.
- **Early Stopping:** Monitor validation loss to stop training when performance plateaus.

6. Validation and Standardization

Ensure rigorous validation and standardization of the model:

- Use diverse datasets that include patients from various demographics.
- Validate on external datasets to confirm generalizability.
- Standardize preprocessing pipelines to ensure reproducibility across clinical settings.

7. Deployment Strategies

Design deployment-friendly solutions for real-world use:

- Develop lightweight models suitable for edge devices like smartwatches or bedside monitors.
- Create user-friendly interfaces for clinicians to visualize predictions and explanations.

By implementing these improvements, the sleep apnea modeling project can achieve higher diagnostic accuracy, better clinical relevance, and broader adoption in healthcare settings.

~Harsimran Singh Dalal