Sleep State Prediction Using Accelerometry Data

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Table of contents

01
Problem vs. solution
You can describe the topic of the section here

02
Our products
You can describe the topic of the section here

03
Market & competition
You can describe the topic of the section here

04
Business model
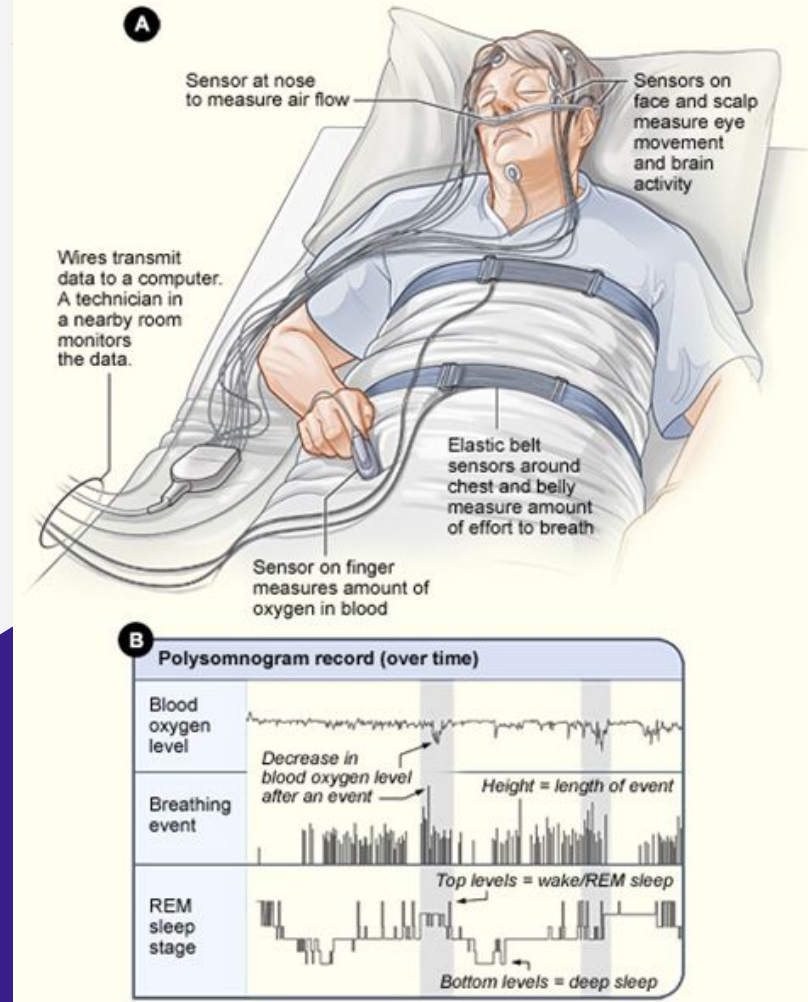You can describe the topic of the section here

Introduction

Sleep is a fundamental complex biological process composed of several distinct states which interruptions or unbalanced on this process may come with important physical and mental health issues, affecting millions worldwide and are linked to chronic diseases.

How does it study sleep?

- Traditionally sleep had been studied and monitored using **Polysomnography** (PSG) a technology that captures the following detailed physiological signals:
- EOG (Eye movements)
- EMG (Muscle tone)
- ECG (Heart rate)
- EEG (Brain activity)

A — Sensor at nose to measure air flow. Sensors on face and scalp measure eye movement and brain activity. Wires transmit data to a computer. A technician in a nearby room monitors the data. Elastic belt sensors around chest and belly measure amount of effort to breath. Sensor on finger measures amount of oxygen in blood.

B — Polysomnogram record (over time)

Blood oxygen level — Decrease in blood oxygen level after an event

Breathing event — Height = length of event

REM sleep stage — Top levels = wake/REM sleep. Bottom levels = deep sleep

Sleep States

Stage	EEG Characteristics	EOG	EMG
Wake (W)	Alpha rhythm (8-13 Hz) when eyes closed; Low-voltage, mixed-frequency activity when eyes open	Rapid eye movements	High tone
N1	Low-voltage, mixed-frequency (4-7 Hz); Vertex sharp waves; Alpha replaced by theta	Slow rolling eye movements	Moderate tone
N2	Sleep spindles (12-14 Hz bursts); K-complexes; Background theta activity	Minimal eye movements	Moderate tone
N3	Slow wave activity; High-amplitude (>75 μV) delta waves (0.5-2 Hz) in >20% of epoch	Minimal eye movements	Moderate to low tone
REM	Low-voltage, mixed frequency; Saw tooth waves; EEG desynchronization similar to wakefulness	Rapid eye movements	Lowest tone; Atonia

SLEEP STAGE CLASSIFICATION ACCORDING TO AASM GUIDELINES

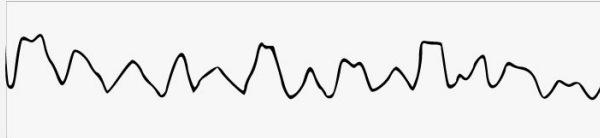# Example of Sleep state patterns

ADULT BRAIN WAVES (EEG)

|			
Awake (mental activity)			**Beta** (13-30 Hz)
Awake (resting)			**Alpha** (8-12 Hz)
Sleep (drowsiness, sleep)			**Theta** (4-7Hz)
Sleep (deep sleep, dreaming)			**Delta** (0.5-4 Hz)

How does it study sleep?

- Recent advances in wearable technology have enabled the use of accelerometers as a **non-invasive, low-cost alternative** for sleep state prediction. These sensors, embedded in consumer devices like smartwatches and fitness trackers, measure body movement to infer sleep and wake state, following the next variables:
- Anglez : Wrist angle relative to body's vertical
- ENMO : Angular velocity
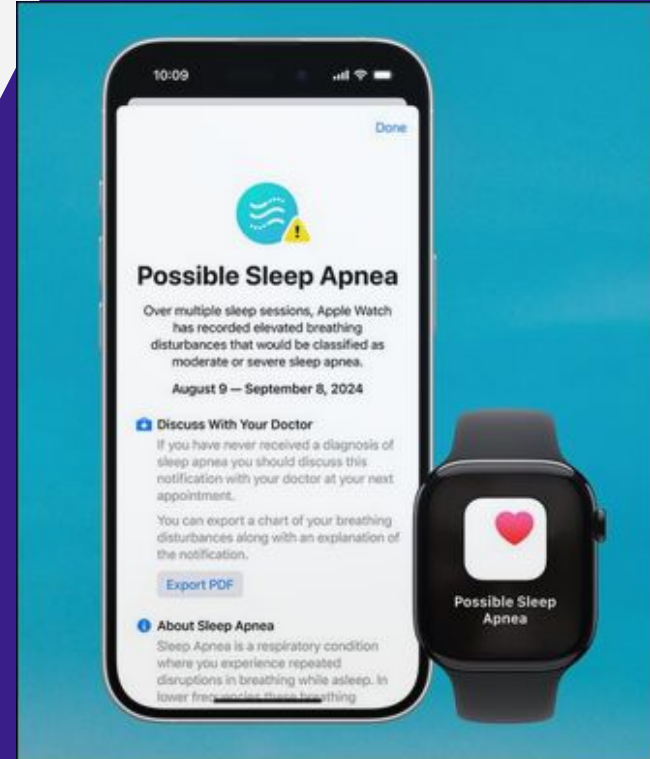
Systematic approach
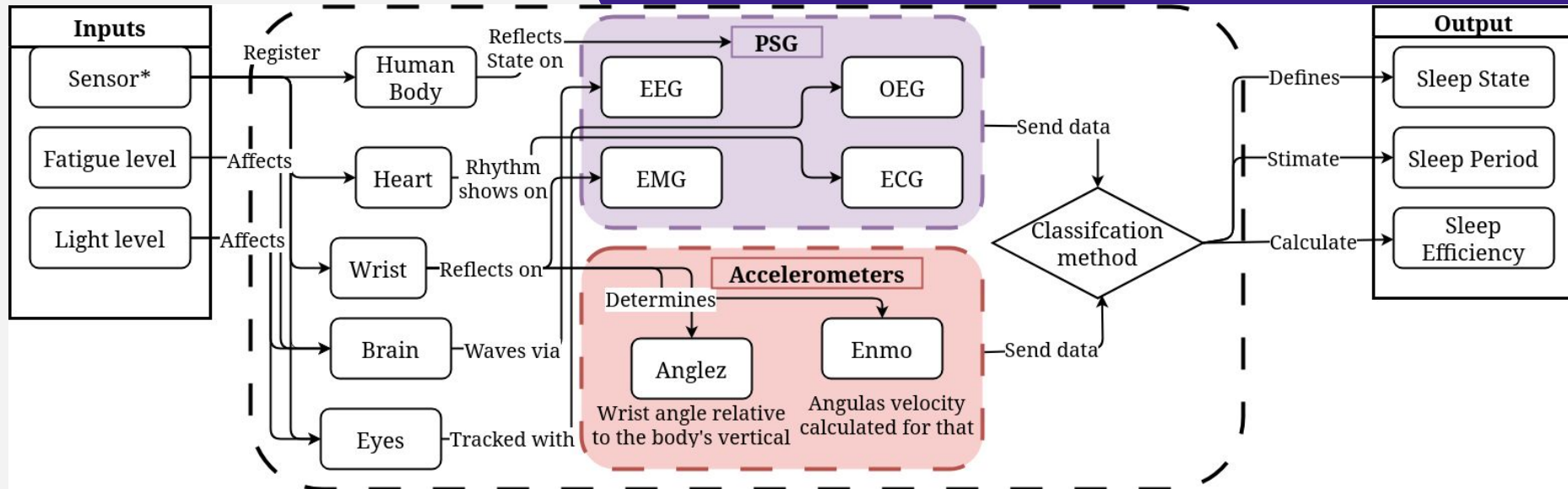
Which models can be applied?

- **Threshold-based algorithms**: These use simple rules based on movement intensity to distinguish sleep from wake. For example, the Sadeh and Cole-Kripke algorithms are widely used in actigraphy-based sleep scoring.
- **Machine learning models**: Supervised classifiers such as random forests, support vector machines, and logistic regression are trained on labeled data to improve classification accuracy.
- **Deep learning:** Recurrent neural networks (RNNs), convolutional neural networks (CNNs), and hybrid models are increasingly used to capture temporal dependencies and complex patterns in accelerometry data
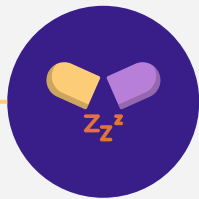
Processing data pipeline
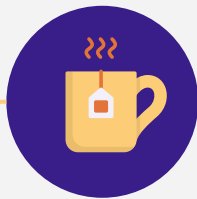
Data Acquisition

Raw signals Detected
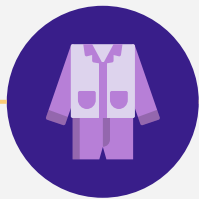
Data Processing

Produce a clean and organized dataset

Feature Extraction

Events are tagged and sorted to prepare for classification.
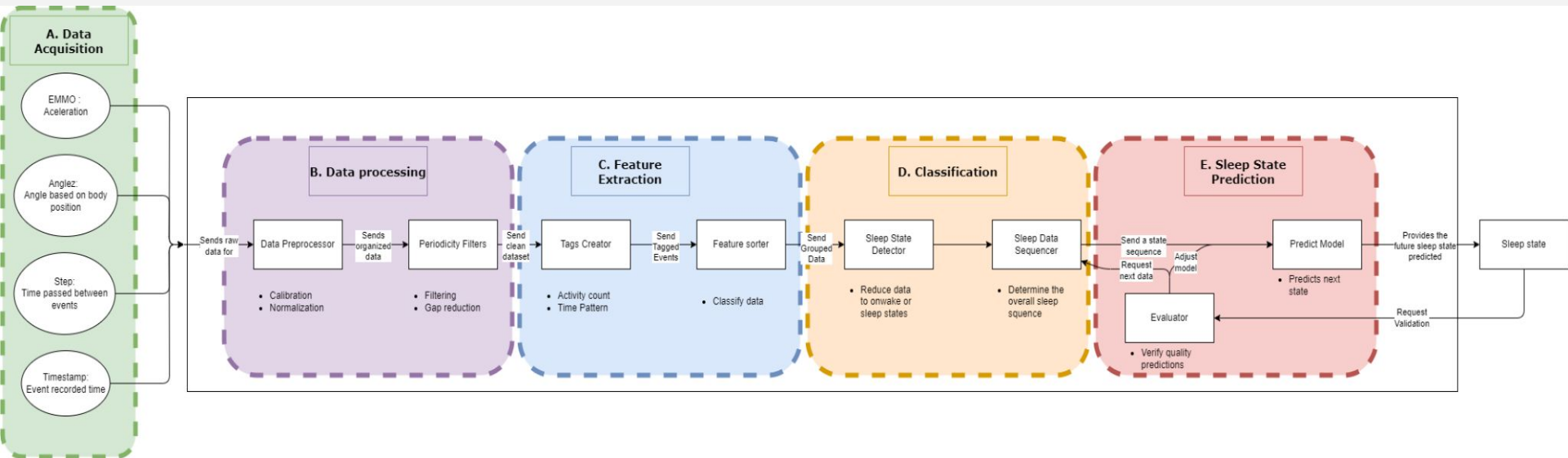
Classification

Reduces data to a binary set and determines the sleep sequence

Prediction

A predictive model estimates the next sleep state based on the sequence

Computational Data flow

A. Data Acquisition
- EMMO: Aceleration
- Anglez: Angle based on body position
- Step: Time passed between events
- Timestamp: Event recorded time

Sends raw data for

B. Data processing
- Data Preprocessor
  - Calibration
  - Normalization

Sends organized data

- Periodicity Filters
  - Filtering
  - Gap reduction

Send clean dataset

C. Feature Extraction
- Tags Creator
  - Activity count
  - Time Pattern

Send Tagged Events

- Feature sorter
  - Classify data

Send Grouped Data

D. Classification
- Sleep State Detector
  - Reduce data to onwake or sleep states

- Sleep Data Sequencer
  - Determine the overall sleep squence

E. Sleep State Prediction
- Send a state sequence
- Request next data
- Adjust model
- Predict Model
  - Predicts next state
- Evaluator
  - Verify quality predictions

Request Validation

Provides the future sleep state predicted

Sleep state

Results

Parameter	Polysomnography (PSG)	Accelerometry
Data Acquisition	Multiple physiological signals: EEG, EOG, EMG, ECG, respiratory sensors	Single sensor: 3-axis accelerometer measuring movement intensity
Signal Processing	Channel-specific filtering, artifact removal (blinking, movement), signal synchronization	Low-pass filtering, noise removal, signal normalization, missing data handling
Feature Extraction	Spectral power bands, eye movement patterns, muscle tone measurements, cardiorespiratory features	Activity counts, movement variability, zero-crossing frequency, temporal patterns
Classification Method	AASM scoring manual, 30-second epochs, expert human scoring, rule-based classification	Threshold-based algorithms, machine learning models, deep learning (LSTM, CNN)
Sleep States Detected	Wake (W), N1 (light sleep), N2 (intermediate), N3 (deep sleep), REM sleep	Wake, Sleep (sometimes divided into light and deep sleep)
Performance Metrics	Inter-scorer reliability, gold standard accuracy, comprehensive sleep architecture	Accuracy (82-93%), Sensitivity (87-95%), Specificity (50-83%), Cohen's kappa (0.55-0.80)
Limitations	Expensive equipment, laboratory environment, invasive sensors, limited monitoring duration	Limited sleep stage discrimination, poor detection of wake periods, transition period inaccuracies

Conclusions

Performance

Accelerometers measures present a **low-cost and non-invasive alternative** with consistent accurate reported sensitivity values of **91-93 %**
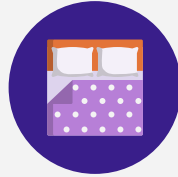
Limitation

Accelerometry alone **cannot distinguish between all sleep stages** (e.g., REM vs. non-REM) with high accuracy, and it may misclassify periods of quiet wakefulness as sleep.

Scope

Accelerometry is a valuable tool for **population studies and personal health monitoring**, especially when com-bined with advanced computational models and contextual information

Thanks

Do you have any questions?