Detection and analysis of snoring patterns

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**Abstract**

This proposed research investigates the detection and analysis of snoring patterns, a common nocturnal phenomenon with implications for sleep-related breathing disorders like obstructive sleep apnea (OSA). Employing advanced signal processing techniques, including audio recording and analysis, the mechanism of snoring is explored, such as airway obstruction, soft tissue vibration, and related physiological factors. The study categorizes various snoring patterns and assesses their correlation with factors like sleep apnea, body positioning, and contextual variables. An automated snoring detection system is also presented utilizing machine learning algorithms for real-time differentiation between snoring and non-snoring sounds. The research's significance lies in its potential to facilitate early intervention for those at risk of sleep-related disorders and to enhance overall sleep quality and well-being for individuals affected by snoring.

//No changes to be made to CCS CONCEPTS

**CCS CONCEPTS •** Insert your first CCS term here • Insert your second CCS term here • Insert your third CCS term here

**Keywords and Phrases:** Detection and analysis, snoring patterns, obstructive sleep apnea (OSA), signal processing techniques, snoring detection system, machine learning algorithms

ACM Reference Format:

First Author’s Name, Initials, and Last Name, Second Author’s Name, Initials, and Last Name, and Third Author’s Name, Initials, and Last Name. 2018. The Title of the Paper: ACM Conference Proceedings Manuscript Submission Template: This is the subtitle of the paper, this document both explains and embodies the submission format for authors using Word. In Woodstock ’18: ACM Symposium on Neural Gaze Detection, June 03–05, 2018, Woodstock, NY. ACM, New York, NY, USA, 10 pages. NOTE: This block will be automatically generated when manuscripts are processed after acceptance.

1. Introduction

Sleep is important for a healthy lifestyle. It helps our body and mind to recover and get back to full strength. But sometimes, sleep is disrupted by an abnormality called snoring. Snoring is a constant finding in obstructive sleep apnea (OSA) syndrome [1] but is not specific for this condition as it occurs also in otherwise healthy subjects. Snoring is when people make loud sounds during sleep, and it happens quite frequently. Several epidemiologic studies have shown a high prevalence of snoring in the general population [2]. While it might be funny to talk about snoring, it can be a sign of some serious health issues, like obstructive sleep apnea (OSA) and other breathing problems during sleep. So, snoring isn't just a joke; it can convey to us something important about our health. Snoring has gained increasing attention from researchers and healthcare professionals due to its association with sleep disturbances, reduced sleep quality, and its potential to serve as an indicator of underlying health problems. In this research, we delve into the world of snoring, exploring the detection and analysis of snoring patterns, and the critical role it plays in understanding sleep-related disorders.

Studies have indicated that habitual snoring is associated with hypertension, cardio-vascular disease, and excessive daytime sleepiness (EDS) [3]. Snoring happens when the airway gets a bit blocked during sleep. This causes the soft parts in our throat, like the uvula and the palate, to vibrate and make those snoring sounds. Some people snore a little bit now and then, and that's okay. But for others, snoring is a big problem, especially when it happens a lot and is connected to something called sleep apnea. Obstructive sleep apnea (OSA) is an increasingly common, chronic, sleep-related breathing disorder.

Sleep apnea is when someone's breathing stops and starts again during sleep, and it can cause issues such as lack of oxygen and waking up often. Untreated OSA is associated with long-term health consequences including cardiovascular disease, metabolic disorders, cognitive impairment, and depression, [4] This is a serious problem that can affect the heart and how well we think. So, when people snore all the time, it could be a sign of something more serious.

Every now and then, up to 40% of kids and nearly half of adults might snore occasionally. When snoring happens regularly (like at least three nights a week), it affects around 2.4–15% of children and 10–36% of adults. In specific groups, the numbers can be even higher. For instance, among adults with asthma, about 37% snore regularly. Among people aged 65–69, a study found that 41% snored, but only 17% of those over 80 Men tend to snore more than women, and different ethnicities also play a role.[5]

Identifying when snoring is merely a noise or indicative of a more significant issue poses a challenge. In addressing this challenge, ongoing research endeavours seek to enhance the understanding of snoring—its frequency, volume, and potential variations with different sleeping positions. Utilizing modern technology and sophisticated computing systems, researchers aim to swiftly determine whether someone is snoring and whether it may be associated with sleep-related problems. The goal is to understand the patterns of snoring, providing valuable insights for individuals at risk of sleep issues, particularly sleep apnea. Early detection opens the door to improved management strategies, including lifestyle adjustments or the use of specialized devices to aid breathing during sleep.

* 1. Accessibility

Following the guidelines throughout this template will also improve the accessibility of your manuscript and increase the audience for your work. Ensure that heading styles are applied as instructed, tables are created using Word’s table feature (rather than an image), figures have a text equivalent, and list styles are applied as instructed.

To increase the accessibility of your manuscript, you should set the title and language metadata. On Word for Windows, open the File tab and click on Info. On Word for Mac, click the File Menu and select Properties, then click the Summary tab. Fill in the title of your document. For anonymous review, clear the ‘author’ field.

To set the document language, click the Review tab in the Ribbon. On Word for Windows: Click the Language button and select “Set Proofing Language.” Verify the language is set correctly. On Word for Mac: Click the Language button and select the document language from the pop-up.

* 1. More about the submission template

Thissubmission version of your paper should not have headers or footers, these will be added when your manuscript is processed after acceptance. It should remain in a one-column format—please do not alter any of the styles or margins.

*If a paper is accepted for publication*, authors will be instructed on the next steps. Authors must then follow the submission instructions found on their respective publication’s web page. Once your submission is received, your paper will be processed to produce the formatted Word, PDF, and HTML5 output formats, which will be provided to you for review, revision/resubmission (if applicable), and approval.

* 1. Inserting CCS concepts

The new template enables you to import required indexing concepts for your article from the [ACM Computing Classification System (CCS)](http://www.acm.org/publications/class-2012) using an [indexing support tool](http://dl.acm.org/ccs/ccs.cfm?) found in the ACM Digital Library (DL). The tool generates formatted text after you have selected your terms. To insert CCS terms into your document, copy and paste the formatted text from the CCS tool using the “<https://dl.acm.org/ccs/ccs.cfm>” link into the “CCS CONCEPTS” section.

An additional step is necessary to ensure that the proper CCS terms are added to the Digital Library citation page: from the “view CCS TeX Code” listing, click on “Show the XML Only.” Highlight and copy the XML code from the window. You must insert the XML code into your Word document’s properties: from your Word document, click on “**File**”, then click on the “**Info**” tab on the left-hand side panel, then click “**Properties**” and select “**Show All Properties.**” Click within the “Comments” metadata field and paste the XML data.

* 1. Literature Review

This review shows that the main goal of the material used to write this proposal have looked into sources that included urban planners, especially when it was about emerging information from AI related technologies. Surveys data which were used to record the findings included data from American planning Association (APA) [1]. [3] defines smart cities as ‘urban environment’ or an ‘advanced modern city’ which has optimal flow of resources in terms of social, economic and environmental aspect of the city, this in turn enhances the city’s quality of life, city operations etc.

Usage of ‘GIS-BIM’ based urban energy planning by [2] shows the relevance of how much optimal energy distribution helps in creating the right infrastructure needed. The Japanese smart city idea, which includes everything from urban planning to infrastructure. Second, the study offers a GIS-BIM-based urban energy planning system, which includes GIS-based database construction and analysis, BIM-assisted optimal energy system design, and 3D visualization with a user-friendly interface. Finally, the core of Tokyo is used as a case study, implying the possibility of gaining access to the best technical and policy solutions [2].

1. Inserting Content Elements

The next subsections provide instructions on how to insert figures, tables, and equations in your document.

* 1. Tables

Tables are “float elements” which should be inserted after their first text reference and have specific styles for identification. Do not use images to present tables, or they will be inaccessible to readers using assistive technologies.

Authors can insert tables by using the MS Word option (INSERT ->Table) and providing the required row and column size. Every table must have a caption (title) above it, which must have the **“TableCaption**” style applied. Please note that tables **should not** be supplied as image files, but if they are images, they must have the “Image” style applied. As an example, Table 1 shows all the styles available in this template, to be applied to the respective element of your text.

Table 1: Styles available in the Word template

| Style Tag | Definition | Style Tag | Definition |
| --- | --- | --- | --- |
| Title\_document | main title of article | ListParagraph | list items |
| Subtitle | subtitle of article | Statements | math statements |
| Authors | author name | Extract | block quotations |
| Affiliation | author affiliation information | Algorithm Caption | caption for algorithm |
| AuthNotes | footnote to author(s) | AckHead | heading for acknowledgements |
| Abstract | abstract text | AckPara | acknowledgements text |
| CCSHead | heading for CSS Concepts | GrantSponsor | sponsor of grant |
| CCSDescription | CSS terms | GrantNumber | number for the grant |
| KeyWordHead | heading for keywords | ReferenceHead | heading for references |
| Keywords | keywords text | Bib\_entry | references |
| ORCID | author's ORCHID # | AppendixH1 | appendix heading level 1 |
| Head1 | heading level 1 | AppendixH2 | appendix heading level 2 |
| Head2 | heading level 2 | AppendixH3 | appendix heading level 3 |
| Head3 | heading level 3 | TableCaption | title of table |
| PostHeadPara | first paragraph after a heading | TableHead  TableFootnote | column head of table  footnote to table |
| Para | Subsequent paragraphs of general text | Image | figures |
| ParaContinue  DisplayFormula | flush left text after display items like math equations, lists etc.  numbered math equation | DOI | Digital object identifier |
| DisplayFormulaUnnum | unnumbered equations | Label | labela |
| ComputerCode | Display Computer codes | In-text code | intext computer code |
| Short Title | Short title of article | History | Dates of article |

a This is example of table footnote.

Tables can be very difficult for people using screen reader technology to understand unless they include markup that explicitly defines the relationships between all the parts (i.e.: headers and data cells). *A key to making data tables accessible to screen reader users is to clearly identify column and row headers.* In Word, authors should identify which row or rows contain column headers. Below are the steps to do this:

1. Select that table’s row, then right-click the row and select “Table Properties”;
2. In the *Table Properties* window, click the *Row* tab and select the box that says “Repeat as header row at the top of each page.”

Or

Apply the “table head” style by highlighting the respective row and applying the “**TableHead**” style found in the “Body Element” section of the ACM Master Article Template.

* 1. Figures

Figures are “float elements” which should be inserted after their first text reference, and have specific styles for identification. Insert a figure and apply the “**Image**” paragraph style to it. For the figure caption, apply the style “**FigureCaption.**”

To accommodate readers with color vision differences, figures should still be usable when printed in grayscale. Refer to elements of the figure with non-color terms, for example “indicated as squares” instead of “indicated in blue”. Use different patterns in bar charts, different line patterns in graphs, and different shapes in plots to distinguish groups of elements and reinforce color differences.

* + 1. Half Width Figures.

Figure 1 is an example of a figure and caption spanning the half-page width (one column in a two column format) with the styles applied. If your figure contains third-party material, you must clearly identify it as such, as shown in the example below.



Figure 1: 1907 Franklin Model D roadster. Photograph by Harris & Ewing, Inc. [Public domain], via Wikimedia Commons. (https://goo.gl/VLCRBB)

* + 1. Full Width Figures.

Figure 2 is an example of a figure and caption spanning the full-page width with the styles applied. If your figure contains third-party material, you must clearly identify it as such, as shown in the examples.



Figure 2: Mockup of a bombe machine at Bletchley Part. Photograph by Sarah Hartwell. [Public domain], via Wikimedia Commons. (<https://commons.wikimedia.org/wiki/File:TuringBombeBletchleyPark.jpg>)

* + 1. Multi-part figure.

Authors can also insert a multi-part figure above a single caption. Every inserted figure must have the “Image” style applied. Below are instructions regarding how to insert a multi-part figure in your paper.

* If the author wants to insert two multi-part images, they must draw a one row and one column table and insert the images one-by-one in the cells.
* If the author wants to insert three multi-part images, they must draw a one-row and three-column table and insert the images one by one in all three cells.
* If the author wants to insert four multi-part images, they must draw a two-row and two-column table and insert the images one-by-one in all four cells. (see the following example):

| Figure 2: The layout of multipart images should be as per the above example within the table in image 1. | Figure 2: The layout of multipart images should be as per the above example within the table in image 2. |
| --- | --- |
| Figure 2: The layout of multipart images should be as per the above example within the table in image 3. | Figure 2: The layout of multipart images should be as per the above example within the table in image 4. |

Figure 3: The layout of multipart images should be as per the above example within the table. All images must have the “Image” style applied.

* + 1. Figure Descriptions.

Every figure should have a figure description unless it is purely decorative. These descriptions convey what’s in the image to someone who cannot see it. They are also used by search engine crawlers for indexing images, and when images cannot be loaded.

A figure description must be unformatted plain text less than xxx characters long. Figure descriptions should not repeat the figure caption – their purpose is to capture important information that is not already provided in the caption or the main text of the paper. For figures that convey important and complex new information, a short plain text description may not be adequate. More complex alternative descriptions can be placed in an appendix and referenced in a short figure description. For example, provide a data table capturing the information in a bar chart, or a structured list representing a graph. For additional information regarding how best to write figure descriptions and why doing this is so important, please see [https://www.acm.org/accessibility.](https://www.acm.org/accessibility)

The instructions below describe the required steps authors need to follow in order to insert descriptive text for figures (alt-txt value) in **MS Word 2019 on Windows or Word 2016 and later on Mac**:

1. Insert a picture in the document.
2. Right-click the image and select “Edit Alt Text”.
3. In the “alt text” section, provide your text description of the image.

Below are the steps to insert figure descriptions in **MS Word 2013 and 2016**:

1. Insert a picture in the document.
2. Right click on the inserted picture and select the **Format Picture** option.
3. In the settings at the right side of the window, click on the “Layout & Properties” icon (3rd option).
4. Expand **Alt Txt** option.
5. In the “Title” and “Description” text boxes, type the text you want to represent the figure, and then click “Close.”

Below are steps to insert the alt-txt value in **MS Word 2010/2011 for Windows\***:

1. Insert a picture in the document.
2. Right click on the inserted picture and select the **Format Picture** option.
3. Select the **Alt Txt** option from the left-side panel options.
4. In the “Title” and “Description” text boxes, type the text you want to represent the picture, and then click “Close.”  
   \* The Mac 2011 version 14.0.0 and later allows the option for inserting “alt-text.” In the MAC version of Word 2016, right-click on the image and select “Edit Alt Text” from the pop-up menu and then enter the description for the alt text.
   1. Quotations and Extracts

There are styles for block quotations, which should be used for quotes that are separated from in-line text. Below is an example.

“Microsoft tried to revive the idea of an assistant with Clippy, who began popping up in Microsoft Office in 1997. Its creator, Kevan Atteberry, was actually contracted by Microsoft to design Clippy, which, funnily enough, he did on a Mac … Sure, people could disable Clippy, but the fact he was on by default angered people.” [10]

* 1. Equations

There are two types of math equations: the *numbered display math equation* and the *un-numbered display math equation*. Below are examples of both.

* + 1. DisplayFormula.

The **DisplayFormula** style is applied in the numbered math equation. A numbered display equation always has an equation number (label) on the right.

(1)

* + 1. DisplayFormula.Unnum.

The **DisplayFormulaUnnum** style is applied only in unnumbered equations. An unnumbered display equation never contains an equation number Bertot and Grimes (2012) on the right—this element distinguishes it from the numbered equation.

Please note: the subsequent text after the **DisplayFormula** (numbered equation) or **DisplayFormulaUnnum** (unnumbered equation) must have the paragraph style **ParaContinue** applied.

* 1. Math statements

Math statements should have the “Statement” style applied.

**Theorem/Proof/Lemma.** Math statements should have the “**Statement**” style applied. This paragraph is an example of the “**Statement**” style.

* 1. Algorithms

Algorithms use the styles “AlgorithmCaption” and “Algorithm”.

ALGORITHM 1: Iterative Algorithm

current\_position center

current\_direction up

current\_position is inside circle

while current\_position is inside circle, do

neighborhood all grid hexes within two hexes from current\_position

for each hex in neighborhood, do

for each neuron in hex do

convert neuron\_orientation to vector

scale vector by neuron\_excitation

vector\_sum vector\_sum + vector

end

end

normalize vector\_sum

end

1. COMPUTER CODE

Display Computer codes can be inserted using “ComputerCode” style.

CHAT Start

SAY Welcome to my world

WAIT 1.2

SAY Thanks for Visiting

ASK Do you want to play a game?

OPT Sure

OPT No Thanks

Similary, this is an example of intext code text.

Similary, this is an example of intext code text.

1. Citing Related Work

This section cites a variety of journal [5, 15], conference [1, 6, 8, 12, 13], and magazine [3] articles to illustrate how they appear in the references section. It also cites books [9, 10], a technical report [7], a PhD dissertation [4], an online reference [14], a software artifact [11], and a dataset [2].

As you build your article, you should note where you will be placing citations. If you are using numbered citations and references, the reference number - "...as shown in [5]..." is sufficient. If you are using the "author year" style, a reasonable placeholder is the primary author's last name and the year of publication - "...as shown in [Harel 1978]..." - we will be updating this placeholder later in the process with the citation label as generated by the Word macros in the "master template.

ACKNOWLEDGMENTS

Acknowledgments are placed before the references. Add information about grants, awards, or other types of funding that you have received to support your research. Author can capture the **grant sponsor information**, by selecting the grant sponsor text and apply style ‘GrantSponsor’. After this, select grant no and apply ‘GrantNumber’ from style panel. Example of Grant sponsor: Competitive Research Programme and example of Grant no: CRP 10-2012-03.

1. HISTORY DATES

In case of submissions being prepared for Journals or PACMs, please add history dates after References as (*please note revised date is optional*):

Received November 2019; revised August 2020; accepted December 2020

REFERENCES

1. Lugaresi E, Cirignotta F, Coccagna G, Montagna P. Clinical significance of snoring. In: Saunders N, Sullivan C, eds. Sleep and breathing. New York: Dekker, 1984:283-98.
2. Lugaresi E, Cirignotta F, Coccagna G, Piana C~ Some epidemiological data on snoring and cardiocirculatory disturbances. Sleep 1980;3:221-4.
3. Shin C, Joo S, Kim JK, Kim T. Prevalence and correlates of habitual snoring in high school students. Chest. 2003; 124:1709-1715.
4. Kapur VK, Resnick HE, Gottlieb DJ, Sleep Heart Health Study Group Sleep disordered breathing and hypertension: does self-reported sleepiness modify the association? Sleep. 2008;31(8):1127–1132.
5. J.G. Park, in Encyclopedia of Sleep, 2013

In the appendix section, three levels of Appendix headings are available.

A.1 General Guidelines (AppendixH2)

1. Save as you go and backup your file regularly.
2. Do not work on files that are saved in a cloud directory. To avoid problems such as MS Word crashing, please only work on files that are saved locally on your machine.
3. Equations should be created with the built-in Microsoft® Equation Editor included with your version of Word. (Please check the compatibility at <http://tinyurl.com/lzny753> for using MathType.)
4. Please save all files in DOCX format, as the DOC format is only supported for the Mac 2011 version.
5. Tables should be created with Word’s “Insert Table” tool and placed within your document. (Tables created with spaces or tabs will have problems being properly typeset. To ensure your table is published correctly, Word’s table tool must be used.)
6. Do not copy-and-paste elements into the submission document from Excel such as charts and tables.
7. Footnotes should be inserted using Word’s “Insert Footnote” feature.
8. Do not use Word’s “Insert Shape” function to create diagrams, etc.
9. Do not have references appear in a table/cells format as it will produce an error during the layout generation process.
10. MS Word does not consistently allow the original formatting to be modified in the text. In these cases, it is best to copy all the document’s text from the specific file and paste into a new MS Word document and then save it.
11. At times there are font problems such as “odd” stuff/junk characters that appear in the text, usually in the references. This can be caused by a variety of reasons such as copying-and-pasting from another file, file transfers, etc. Please review your text prior to submission to make sure it reads correctly.

A.1.1 Preparing Graphics (AppendixH3)

1. Accepted image file formats: TIFF (.tif), JPEG (.jpg).
2. Scalable vector formats (i.e., SVG, EPS and PS) are greatly preferred.
3. Application files (e.g., Corel Draw, MS Word, MS Excel, PPT, etc.) are NOT recommended.
4. Images created in Microsoft Word using text-box, shapes, clip-art are NOT recommended.
5. IMPORTANT: All fonts must be embedded in your figure files.
6. Set the correct orientation for each graphics file.

A.2 Placeholder Text

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