

Adaptive detection and severity level characterization algorithm for Obstructive Sleep Apnea Hypopnea Syndrome (OSAHS) via oximetry signal analysis*

Harris V. Georgiou[†]

Dept. of Informatics & Telecommunications (MSc, PhD)
National Kapodistrian Univ. of Athens (NKUA/UoA), Greece

Keywords: obstructive sleep apnea-hypopnea syndrome (OSAHS), SpO₂ signal analysis, blood oxygen level, oximetry

Abstract

In this paper, an abstract definition and formal specification is presented for the task of adaptive-threshold OSAHS events detection and severity characterization. Specifically, a low-level pseudocode is designed for the algorithm of raw oximetry signal pre-processing, calculation of the 'drop' and 'rise' frames in the related time series, detection of valid apnea/hypopnea events via SpO₂ saturation level tracking, as well as calculation of corresponding event rates for OSAHS severity characterization. The designed algorithm can be used as the first module in a machine learning application where these data can be used as inputs or encoded into higher-level statistics (features) for pattern classifiers, in the context of computer-aided or fully automated diagnosis of OSAHS and related pathologies.

1 Introduction

Obstructive sleep apnea-hypopnea syndrome (OSAHS) is a common disorder, in which upper airway resistance is increased during sleep due to upper airway dilator muscle relaxation and airway narrowing [20]. It is a common disorder and a recognized public health problem, affecting roughly 2-4% of adult male and 1-2% adult female population [7, 21]. It is still under-diagnosed and believed

*Ref.No: HG/BIOINF.0813.28v1 – Last updated: 28-Aug-2013

Preprint submitted to ArXiv.org – <http://arxiv.org/abs/...>

This work is licensed under a Creative Commons 3.0 License (BY-NC-SA)

Copyright (c) by Harris V. Georgiou, 2013.

[†]Email: xgeorgio@di.uoa.gr

to be linked with severe cardiovascular diseases, including hypertension, chronic fatigue, metabolic disorders, daytime sleepiness, etc [10, 6, 16, 9].

Sleep studies for the diagnosis of OSAHS are performed primarily in a controlled environment, specifically via polysomnography (PSG), where the patient is monitored during a full sleep cycle by various electrophysiological signals, usually including electroencephalogram (EEG), electro-oculogram (EOG) and electromyogram (EMG), as well as respiration and blood SpO₂ saturation tracking. Moderate or severe OSAHS causes significant SpO₂ desaturations in blood and usually this triggers the patient's awakening, causing sleep fragmentation. When such events occur repeatedly, more than five times per hour, it is considered a pathologically significant state and the patient must undergo specific treatments. Since full PSG is a difficult and tiresome procedure (the patient has to spend the night in a sleep lab), oximetry-only monitoring via a non-intrusive finger sensor is considered a very efficient and reliable, though non-conclusive, means of detecting possible OSAHS pathology [7, 4, 19, 13, 5, 11]. The rationale behind the use of oximetry-only OSAHS diagnosis relies on the fact that, normally, the Apnea/Hypopnea Index (AHI) that is calculated upon any respiratory discontinuities (events of typically 10 secs of cessation of air or longer periods of partial air flow obstruction in the upper airway) during sleep is inherently correlated to the SpO₂ level desaturation in the blood which occurs almost immediately in such events due to hypoxia. Instead of full respiratory tracking via PSG, the oximetry signal may be used instead for the detection of such events *by reference*. The false-positive detections of such a procedure usually include other pathologies that result in abnormal SpO₂ level fluctuations, such as with the Cheyne-Stokes breathing, which also causes cyclic SpO₂ level desaturations (e.g., heart failure, post stroke) [20].

In this paper, an abstract definition and formal specification is presented for the task of adaptive-threshold OSAHS events detection and severity characterization. Specifically, a low-level pseudocode is designed for the algorithm of raw oximetry signal pre-processing, calculation of the 'drop' and 'rise' frames in the related time series, detection of valid apnea/hypopnea events via SpO₂ saturation level tracking, as well as calculation of corresponding event rates for OSAHS severity characterization.

Algorithm 1 presents the typical definitions for valid OSAHS events based on SpO₂ tracking, as well as the corresponding severity levels based on events rate (per hour) tracking. For the detection of potential OSAHS events, a common clinical definition of a clinically-significant apnea/hypopnea event for OSAHS diagnosis (based entirely on SpO₂ saturation tracking) is employed [20]. Specifically, this definition is based on detecting a drop in oximetry level that is larger than four points (-4% SpO₂) from current state, at *any* baseline value, within ten seconds or less. This essentially means that *any* dropping rate (negative gradient) in SpO₂ saturation level of -24% per minute or sharper may be tagged as a potential apnea/hypopnea event. This approach is usually referred to as *continuous/adaptive threshold analysis* or *moving baseline* with regard to gradient calculations and comparisons [2]. The justification behind this assertion is that *any* such drop in SpO₂ saturation, regardless of the starting level, can not be attributed to normal SpO₂ fluctuations during normal sleep when such events are regular (non-exceptions) in the oximetry signal.

Algorithm 1 also includes the typical severity level scale for apnea/hypopnea event rates that is usually applied for OSAHS diagnosis based on SpO₂

Algorithm 1 OSAHS events detector & severity levels (specifications)

IF (*abs.drop of SpO₂*) ≥ 4 WITHIN (*timeframe*) ≤ 10 sec THEN *OSAHS event*=TRUE

OSAHS events rates & severity levels:

- $R \leq 5$ (*events/hour*) \Rightarrow *OSAHS severity*: 'NORMAL'
 - $5 < R \leq 15$ (*events/hour*) \Rightarrow *OSAHS severity*: 'MILD'
 - $15 < R \leq 30$ (*events/hour*) \Rightarrow *OSAHS severity*: 'MODERATE'
 - $R > 30$ (*events/hour*) \Rightarrow *OSAHS severity*: 'SEVERE'
-

saturation level tracking. Specifically, rare events at five or less per hour are characterized as non-pathological, while more than five events per hour are characterized as pathological at levels of increasing OSAHS severity. Since the SpO₂ saturation level is the only measurement (input) available in this framework, the detection of any pathological OSAHS state (even 'mild') is usually a significant (yet inconclusive) evidence in follow-up medical examinations, but rarely the only basis for a final diagnosis of OSAHS.

This paper describes the algorithmic description and proposed implementation (as pseudocode) of the aforementioned definition and severity levels for OSAHS. In the following sections, the overall algorithm for events detector and event rates characterization is presented in a modular way, first as a top-level outline of the processing queue and subsequently each of the steps separately.

2 Methods and Processing Queue

Algorithm 2 presents the overall processing queue of the oximetry-only signal with regard to OSAHS events detection and severity characterization. The general definitions in Algorithm 1 typically lead to gradient-based methods for OSAHS events detection in the signal, usually after some noise pre-filtering and null-value indices removal.

Here, the processing pipeline presents a generic framework (in pseudocode) for such a procedure, including all pre- and post-processing stages. The pipeline includes five primary stages of signal processing in a total of nine steps. In summary, steps 1-2 retrieve and pre-process the oximetry signal by means of noise and missing-values removal via specific low-pass filtering, i.e., without altering the low- and medium-frequency statistics of the oximetry signal according to the OSAHS events detection, as described by Algorithm 1. Steps 3-4 create the corresponding oximetry gradient signal, while step 5 translates this new data series to run-length histograms for further analysis. Steps 6-7 processes the oximetry gradient signals and the corresponding run-length histograms to mark detected OSAHS events, which are subsequently timeframed and grouped according to their rates, i.e., the corresponding OSAHS severity level. Finally, steps 8-9 perform the structured storage of the output results and the final cleanup.

Algorithm 2 OSAHS detector – Overview

1. retrieve raw SpO₂ data series
 2. pre-processing of raw data
 3. stage-1: create SpO₂ 'state' (gradient sign) series
 4. stage-2: patch any zeroes in the beginning of the 'state' series
 5. stage-3: create rise/drop run-length histograms
 6. stage-4: analyze runs and locate and OSAHS events
 7. stage-5: analyze all the detected OSAHS events (rates)
 8. store processed results
 9. cleanup and exit
-

The following sections describe each of these processing steps in detail, with some remarks regarding to a possible implementation (as real code).

2.1 Pre-processing

For the purposes of OSAHS events detection, the oximetry signal must retain relatively smooth transitions between the samples, i.e., no noise-related peaks or missing-value drops, while at the same time preserve its original low-frequency characteristics where the most important OSAHS-related informational content relies.

The typical sampling rate of off-the-shelf oximetry sensors for long-term monitoring is usually around 3 Hz (analog), which after rescaling and some standard built-in local smoothing becomes a 'reliable' digitized 1 Hz data series of SpO₂ % saturation level (70-100). Hence, the specifications of Algorithm 1 essentially refer to a sliding timeframe ('window') of at least 10 secs in length, tracking drops of SpO₂ saturation level and marking as significant OSAHS event any gradient larger than $\frac{4}{10}$ or 0.4 Hz in the frequency range. Even at the 'reduced' sampling rate (digital) of 1 Hz the effective frequency range spans up to 0.5 Hz, hence any such event should be clearly detectable in the discrete-time signal after the built-in pre-processing of any such typical oximetry sensor equipment.

In this work, the proposed pre-processing steps are focused primarily on removing any frequency elements higher than 0.4-0.5 Hz if a higher sampling rate is used in the original signal (e.g., the raw 3 Hz analog), as well as the removal of any missing/invalid values in the final (digital) data series, which might still exist due to temporary faulty measurement conditions. Normally, errors in the raw analog sampling are corrected during the built-in digital-to-analog conversion process (downsampling by smoothing), but if such errors span to more than half the width of the smoothing kernel they will probably be detectable in the digitized data series as 'gaps' (zero values) or invalid values (e.g., negatives).

These two functions, noise removal and missing-values correction, may be implemented by a single low-pass digital filter in the time domain (via a proper 1-D convolution kernel); however, missing values may need some special detection and correction/replacement, e.g., via localized linear interpolation, especially when they occur in multiples, since they are not just 'negative peaks' in the signal and can not be effectively removed by simple averaging (usually apply median filtering or detection/replacement kernels).

The exact design and implementation of the pre-processing steps depend heavily on the analog sampling rate, the new (downsampled) digital sampling rate, as well as the quality and the noise properties of the original oximetry signal, hence the equipment used is also an important factor. In any case, at the end of the pre-processing steps, the oximetry signal should be in the form of a properly filtered, relatively noise-free ('smooth') data series, so that the corresponding gradient series can be calculated reliably.

2.2 Oximetry gradient sign series

The first two stages of the core processing involves the calculation of the oximetry gradient series, i.e., the change rates of the pre-processed oximetry measurements against time. The calculation is performed in two steps, namely the creation of the discrete differences and subsequently a patching process for the correction of possible discontinuities at the start of this new series.

Algorithm 3 describes these two stages in detail. Stage 1 translates the oximetry series into gradient sign series (+/-) by employing a typical previous-value check in a sliding window. In practice, OSAHS event detection do not require the analysis of the exact gradient value but rather only its sign (rising or dropping), as specified by Algorithm 1. However, the pseudocode in Algorithm 3 can be easily configured, if necessary, to store gradient values instead of signs-only (see variable '*change*' in line 3). Next, stage 2 back-patches any leading zeros at the start with the first non-zero value that appears in the gradient series. This minor correction is necessary for the next stage in the pipeline, i.e, introducing correct run-length calculations (if employed) at the start of the oximetry gradient series.

It should be noted that, although the last checked condition in 3 is labeled as 'stable', no such state is registered; instead, the previous definite state of 'rise' or 'drop' (+/-) is used. This is because, according to standard OSAHS analysis and the specifications in 1, gradient sign reversal is strictly defined. In practice, this means that a falling SpO₂ saturation level that gets stabilized for a few samples is still considered as falling, until a strictly positive gradient change is detected. These strict detection conditions can be relaxed, if required, so that non-changing oximetry values can be registered as separate 'stable' states; however, this usually produces increased fragmentation of the oximetry signal with regard to OSAHS events registration and, hence, one pathologically significant 'long' OSAHS event (slow downward trend) of gradually falling SpO₂ saturation level may be mistakenly registered as multiple short 'insignificant' events. In the current framework, the detection and registration of OSAHS events is considered within the 'strict' definition for gradient sign changes, i.e., as described in 3 above.

Algorithm 3 OSAHS detector, stages 1 & 2 – Calculate gradient series

```

stage-1: create SpO2 'state' (gradient sign) series
  for the entire SpO2 data series:
    calculate SpO2 change = current-previous
    if change>0 then mark SpO2 as 'rising':
      current='rise' , previous='rise'
    else if change<0 then mark SpO2 as 'dropping':
      current='drop' , previous='drop'
    else mark SpO2 as 'stable':
      current=previous
    end if
  end for

stage-2: patch any zeroes in the beginning of
         the 'state' series
  locate the first non-zero element
  backpatch elements up to the start

```

Algorithm 4 OSAHS detector, stage 3 – Create RLM

```

stage-3: create rise/drop run-length histograms
  L = maximum run-length limit (typically 600)
  initialize run-length matrix (RLM) 2xL
  for the entire SpO2 'state' data series:
    calculate length of current run (up to limit L)
    characterize run as 'rise' or 'drop'
    update corresponding RLM cell
  end for

```

2.3 Gradient sign run-lengths

Stage 3 of the main processing pipeline involves the translation of the oximetry gradient sign series into run-length statistics, so that long runs that are relevant to real OSAHS events can be easily identified and registered. Algorithm 4 describes this whole process in detail as pseudocode.

As always, a maximum run-length size must be defined, which in this case is set at 600 samples or 1 minute in real-time oximetry measurements for a 1 Hz final (digitized, pre-processed) sampling rate as described above. Using the already-calculated gradient sign series, the update of the run-length matrix (RLM) is straight-forward and is completed by a single run.

As noted before, a 'strict' definition is applied with regard to gradient sign changes, hence there are only two possible states, namely 'rise' and 'drop' (i.e., no 'stable' state).

Algorithm 5 OSAHS detector, stage 4 – Mark potential events

```

stage-4: analyze runs and locate and OSAHS events
  for the entire SpO2 'state' data series:
    calculate length of current run (no limit)
    locate the last position of the current run
    calculate timeframe length of the current run
    register current run (start,end,state,timeframe)
    if current run is OSAHS event (drop/time rule):
      register current OSAHS event data
    end if
  end for

```

2.4 Detection of potential OSAHS events

The calculation and full update of the RLM statistics are in fact not mandatory steps for the correct detection of OSAHS events; however, these data contain valuable quantitative information about the oximetry signal and its gradient and therefore they are usually involved in the extraction of RLM-specific statistical features that can be later analyzed and used as 'coders' for OSAHS pathological situations (e.g., input for pattern classifiers).

Algorithm 5 describes the process of detecting and registering possible OSAHS events in the oximetry gradient sign ('state') signal *without* the use of the RLM, as an example of how an application with low computational-overhead can perform this task. Also, this approach has the advantage of having no limits on the exact length of the current run, as Algorithm 4 does with setting it to 600 samples (due to static RLM definition), although this is usually a minor technical issue in practical software implementations.

First, the gradient series is scanned and the current run limits are calculated, and subsequently the identified timeframe is translated into real time (secs). The full timeframe, state and limits are registered and, if it is in fact an OSAHS event (see Algorithm 1 specifications), it is marked as such for further processing. The complete calculation of this stage is, again, a single-run processing.

2.5 OSAHS events rate and severity level

As described earlier, the severity level of OSAHS is related to the events *rate* rather than their total sum during the monitoring period. Therefore, it is necessary that all the detected events are related to corresponding timeframes, i.e., the (maximum) number of events detected within *any* one-hour period during monitoring.

Using the results from the previous stage, i.e., Algorithm 5, the analysis of the event rates can be easily performed by examining the corresponding registration data for each one of them. Specifically, Algorithm 6 analyzes the starting and ending positions of each event, examines their placements within a sliding timeframe of 60 minutes and calculates the total sum of occurrences within these limits. There is also a timestamp correction for the transition between 24-hour periods (from 11pm to 12am, i.e., the 23:59:59-to-00:00:00 entries reset). As the

Algorithm 6 OSAHS detector, stage 5 – Calculate event rates & severity

```

stage-5: analyze all the detected OSAHS events (rates)
  W = OSAHS events per-hour rate window (lo/hi bounds)
  initialize the lower/upper bounds for W (both at 1)
  for the entire OSAHS events series:
    fix timeframe transitions between zones
      (e.g., 11pm to 12am)
    update the lower/upper bounds for W
    if the ending time of current OSAHS event
      is still within 60 min
      increase the upper bound for W
        (expand frame)
      if rate within W > current maximum
        update max.rate frame in W
      end if
    else (if OSA event spans to more than 1 hour)
      increase lower bound for W (reduce frame)
    end if
    display OSAHS severity characterization
      (based on max.rate)
  end for

```

pseudocode describes, the process involves the subsequent addition of the 'next' OSAHS event that is registered, examining whether this is still within the current 60-minute time window, and if not, removal of the 'last' OSAHS event and 'sliding' the 60-minute frame forward. In other words, the one-hour window is sliding *event-wise* and not sample-wise, since all the OSAHS events are already identified and registered during the previous processing stages. This makes the calculation in stage 5 much faster and illustrates how the event-based registration and the RLM (if present) can make OSAHS-related analysis extremely efficient later on, possibly involving the extraction of content-rich statistical features, with minimal computational overhead.

It should be noted that, although the concurrent update and comparison of two sliding windows (registered OSAHS events versus the 60-minute frame) requires some delicate algorithmic formulation, the final pseudocode is in fact of low computational complexity and very fast, since it involves event-based and not sample-based calculations. This essentially means that an oximetry series with minimal OSAHS events, i.e., 'normal' cases, this stage may not introduce any significant computational overhead at all.

2.6 Post-processing

At the finalizing steps, the application should store all the final results and (some) intermediate calculation data for easy access. No special post-processing is normally necessary here. If required by the specific programming platform used by the exact software implementation, any dynamic memory structures

should be deallocated properly and any open files should be buffer-flushed and closed here.

3 Discussion

As mentioned earlier, the purpose of this work is to present a low-level specification of a complete OSAHS event detection algorithm, as well as comments and suggestions regarding performance and reliability issues. It is not limited to any specific software implementation nor related datasets (benchmark or new); therefore, there are no full experimental runs to be presented here.

Based on this low-level 'pseudocode' specifications presented in this work, a prototype implementation has been developed in Matlab-compatible code. Some benchmark oximetry/OSAHS datasets, as well as some custom datasets (not available publicly), have been used for verification and validation purposes¹.

3.1 Technical issues

One of the most important items of this framework for the correct detection and labeling of OSAHS events is the correct calculation of the oximetry gradient series. Algorithm 3 describes this calculation as a simple difference between the current and the previous value, i.e., using a 2-value wide difference operator. However, the gradient values may be calculated by employing a wider kernel, i.e., an operator with width larger than 2 (e.g., a 3-value centralized mask), in order to better compensate with any remaining noise artifacts and/or improve the relation to the *momentum* (2nd-order properties) of the gradient rather than its spot value. Additionally, the specific limits for SpO₂ drop rate (-4%) and the corresponding time frame (≤ 10 seconds) can be adjusted to more strict or more relaxed values, based on the required sensitivity/specificity of the OSAHS event detector.

The detailed description of all the steps in this framework, as outlined by Algorithm 2, is based on the continuous tracking of the of SpO₂ saturation level as registered in the oximetry data series. This approach is usually referred to as *continuous/adaptive threshold analysis* or *moving baseline* with regard to gradient calculations and comparisons [2]. Other approaches include *multi-threshold* analysis of the oximetry signal [2, 15], where there are several pre-defined levels of SpO₂ desaturation and each 'drop' state is characterized by the appropriate *desaturation index* for the time frames it remains below every such level, namely ODI4 (Oxygen Desaturation Level) for -4%, ODI3 for -3%, etc. Furthermore, the time spent below any pre-defined desaturation level can also be characterized by appropriate indices, namely the TSA90 (Time Spent in Apnea) for a 90% threshold, TSA88 for a 88% threshold, etc. All these indices can be embedded in the processing stages described later on, as they rely on simple threshold checks.

These potential events can be analyzed subsequently by other filtering factors, e.g., multiple drop rate levels, and labeled as 'true' or 'insignificant' apnea/hypopnea events for OSAHS diagnosis. However, since these are referred

¹ The Matlab-compatible implementation is still a work-in-progress, currently in beta testing mode, developing enhancements for online processing (see text for details), as well as cross-datasets compatibility. When finalized, it will be made publicly available for download (on request) from the author's website.

to the statistical characterization and *coding* of the oximetry signal into specific markers of *features* that can be used as inputs in pattern classifiers, this type of analysis is not considered in this work, which is considered only with the detection, registration and characterization of OSAHS events and event rates (severity level).

3.2 Enhancements & extensions

The detailed description of all the steps in Algorithm 2 is based thus far on the assumption of batch or 'offline' processing: the entire oximetry data series is assumed complete and available at full length before the processing begins. Strictly speaking, this requirement is not necessary for the detection of OSAHS events and it is employed here for technical reasons only, since it makes the design and description of all the intermediate steps much simpler and straightforward. In practice, having the entire data series available from the start simplifies its scanning when producing the corresponding gradient series, the run-length matrix (RLM), as well as the proper registration of every OSAHS event detected. However, this requirement can be easily lifted in two ways, namely: (a) by changing the intermediate processing steps of the pipeline as to work with dynamic limits and thresholds that are updated adaptively as the data series is being generated, or (b) by using the presented framework in a *localized* way, i.e., processing the data series locally by using a proper *sliding window* technique.

With regard to the first choice, i.e., implementing a fully adaptive 'online' version of the framework, there are some comments and suggestions that should be taken into account:

- Algorithm 3 (stages 1 & 2): No major changes are needed here. In stage 2, back-patching the gradient series to the beginning is now unnecessary, since the oximetry data series is being generated on-the-fly, so is the corresponding gradient series.
- Algorithm 4 (stage 3): Here, the RLM calculation must be converted to a *running* RLM, since the processing pipeline is now dynamic. In practice, this means that all RLM updates should be made on-the-fly as soon as an OSAHS event is registered as 'ended'. Normally, this requires a new set of RLM variables, possibly not a new 'temporary' RLM, in order to update the current run as the data are being generated and then flushed to the proper RLM entry for global update.
- Algorithm 5: As in the case of RLM calculations, this stage should also be implemented as a *running* OSAHS event detector. This means that event start, tracking and ending should be calculated and registered on-the-fly, essentially using an additional set of limit and threshold variables as the ones presented for the 'offline' version of this framework. The application of the 60-minute timeframe for OSAHS rate calculation is now completely straightforward, as it always examines only the most recent 60 data samples, but each OSAHS event must be kept in a temporary record first before its details are fully determined and can be properly registered in the global record. Normally, the most recent SpO₂ value should always be considered as a possible 'start' (if none is active) or 'end' (if one is

already active) of an OSAHS event, which means that the corresponding event window must be kept 'open' and dynamically updated during the data generation process. This requirement may have negative effects on the quality of the event detections (false positives/negatives) if similarly dynamic pre-processing is not employed on-the-fly (simple pre-processing as described in Algorithm 2 might not work).

- Algorithm 6: After every new OSAHS event is detected, identified as 'ended' and properly registered, stage 5 should be triggered in order to examine it immediately for determining its severity level. In other words, the OSAHS events are not examined after they are all fully registered as in the 'offline' version but now each one is examined and labeled as soon as its boundaries (start, end) are determined.

The second choice for creating an 'online' version of the OSAHS detector is, as mentioned previously, the employment of an active timeframe or sliding window technique. In this case, the framework is applied as-is, but in a localized fashion: the oximetry data series is processed in overlapping blocks, large enough for any expected OSAHS event (e.g., one full 60-minute block) and global registries, as well as OSAHS rates and severity level, are updated only when necessary, i.e., when new events are registered. This approach has the advantage of keeping the overall algorithmic complexity low, exactly as the original version of this framework, while at the same time limiting the required resources to the absolute minimum, e.g., memory buffers for only 60-minute timeframes of data.

Both cases, the 'windowed online' version and the 'fully dynamic online' version, are highly parallelizable. If necessary, stages 1 through 5 can be easily implemented as separate threads or tasks in a multiprocessing environment, as long as there are proper synchronization mechanisms between them. Of course the overall processing is still a pipeline, i.e., inherently sequential, but its subsequent stages can be implemented in a highly overlapping fashion, especially between stages 1 and 2 (main data series processing), and between stages 3 to 5 (RLM updates and events registration/rates/severity).

4 Conclusion

In this paper, an abstract definition and formal specification was presented for the task of adaptive-threshold OSAHS events detection and severity characterization. Specifically, a low-level pseudocode was designed for the algorithm of raw oximetry signal pre-processing, calculation of the 'drop' and 'rise' frames in the related time series, detection of valid apnea/hypopnea events via SpO₂ saturation level tracking, as well as calculation of corresponding event rates for OSAHS severity characterization.

The designed algorithm covers the preliminary phase of coding in oximetry signal analysis, i.e., the detection, registration and characterization of all OSAHS events with regard to their bounds, rates and OSAHS severity level. Therefore, it can be used as the first module in a machine learning application where these data can be used as inputs or encoded into higher-level statistics (features) for pattern classifiers, in the context of computer-aided or fully automated diagnosis of OSAHS and related pathologies.

This framework was considered under a standard 'offline' (batch) version of processing, as well as possible enhancements for 'windowed online', 'fully online' and parallelizable versions with minimal requirements with regard to memory resources (e.g., for implementations on embedded/mobile devices).

Acknowledgments

The author wishes to thank Mr. Theodoros G. Papaioannou, assistant professor in Biomedical Engineering at the Medical School of National Kapodistrian University of Athens (NKUA/UoA), and Mr. Eleftherios Kosmas, sleep technologist at National Kapodistrian University of Athens (NKUA/UoA), for their collaboration during the preliminary stages of this work, with regard to the exact specifications of OSAHS events and for providing some test cases (prototype datasets) for testing purposes of the early software implementations.

References

- [1] D. Alvarez, R. Homero, D. Abasolo, F. del Campo, and C. Zamarron. Non-linear characteristics of blood oxygen saturation from nocturnal oximetry for obstructive sleep apnoea detection. *Physiol. Meas.*, 27(4):399–412, 2006.
- [2] A. Burgos, A. Goni, A. Illarramendi, and J. Bermudez. Real-time detection of apneas in pda. *IEEE Transactions on Information Technology in Biomedicine*, 14(4):995–1002, 2010.
- [3] S. Chapman, G. Robinson, J. Stradling, and S. West. *Oxford Handbook of Respiratory Medicine*, chapter Sleep apnea. Oxford University Press, 2005.
- [4] F. del Campo, R. Hornero, C. Zamarron, D. Abasolo, and D. Alvarez. Oxygen saturation regularity analysis in the diagnosis of obstructive sleep apnea. *Artificial Intelligence in Medicine*, 37(2):111–118, 2006.
- [5] W. Flemons Ward, M. R. Littner, J. A. Rowley, and et. al. Home diagnosis of sleep apnea: a systematic review of the literature. *Chest*, 124:1543–1579, 2003.
- [6] American Academy Sleep Medicine Task Force. Sleep-related breathing disorders in adults: Recommendations for syndrome definition and measurements techniques in clinical research. *Sleep*, 22(5):667–689, 1999.
- [7] C. Frederick. Diagnostic techniques in obstructive sleep apnea. *Progress in Cardiovascular Diseases*, 41(5):355–366, 1999.
- [8] C. F. George, T. W. Millar, and M. H. Kryger. Identification and quantification of apneas by computer-based analysis of oxygen saturation. *Am. Rev. Resplr. Dis.*, 137:1238–1240, 1988.
- [9] J. He, M. H. Kryger, F. J. Zorick, and et. al. Mortality and apnea index in obstructive sleep apnea patients experience in 385 male patients. *Chest*, 94:9–14, 1988.
- [10] V. Kapur, D. K. Blough, R. E. R. E. Sandblom, and et. al. The medical cost of undiagnosed sleep apnea. *Sleep*, 22(6):749–755, 1999.

-
- [11] Y. K. Lee, M. Bister, P. Blanchfield, and Y. M. Salleh. Automated detection of obstructive apnea and hypopnea events from oxygen saturation signal. In *Proc. 26th Annual Int. Conf. IEEE EMBS, San Francisco, CA, USA*, volume 1, pages 321–324. IEEE, 2004.
- [12] P. Levy, J. L. Pepin, C. Deschaux-Blanc, and et. al. Accuracy of oximetry for detection of respiratory disturbances in sleep apnea syndrome. *Chest*, 109:395–399, 1996.
- [13] J. U. Magalang, J. Dmochowski, S. Veeramachaneni, A. Draw, M. J. Mador, A. El-Solh, and Brydon J. B. Prediction of the apnea-hypopnea index from overnight pulse oximetry. *Chest*, 124:1694–1701, 2003.
- [14] N. Netzer, A. H. Eliasson, C. Netzer, and D. A. Kristo. Overnight pulse oxymetry for sleep-disordered breathing in adults: A review. *Chest*, 120(2):625–633, 2001.
- [15] N. Oliver and F. Flores-Mangas. Healthgear: Automatic sleep apnea detection and monitoring with a mobile phone. *Journal of Communications*, 2(2):1–9, 2007.
- [16] M. Partinen, A. Jamieson, and Guilleminault C. Long term outcome from obstructive sleep apnea patients. *Chest*, 94:1200–1204, 1989.
- [17] T. Penzel, J. McNames, P. de Chazal, B. Raymond, A. Murray, and G. Moody. Systematic comparison of different algorithms for apnoea detection based on electrocardiogram recordings. *Med. Biol. Eng. Comput.*, 40:402–407, 2002.
- [18] J. R. Stradling, M. Hardinge, J. Paxton, and D. Smith. Relative accuracy of algorithm-based prescription of nasal cpap in osa. *Respiratory Medicine*, 98:152–154, 2004.
- [19] J. C. Vasquez, W. H. Tsai, W. W. Flemons, A. Masuda, R. Brant, and et. al. Automated analysis of digital oximetry in the diagnosis of obstructive sleep apnoea. *Thorax*, 55:302–307, 2000.
- [20] S. West and J. Stradling. Sleep apnea. Elsevier, 2006. Churchill Hospital, Oxford, UK.
- [21] T. Young, M. Palta, and J. Dempsey. The occurrence of sleep disordered breathing among middle-aged adults. *N. Engl. J. Med.*, 328:1230–1235, 1993.