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(54) **METHOD AND DEVICE FOR ACCURATE REAL-TIME DETECTION OF DROWSINESS IN OPERATORS USING PHYSIOLOGICAL RESPONSES**

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(71) Applicant: **BioRICS N.V.**, Heverlee (BE)

(72) Inventors: **Daniel Berckmans**, Kessel-Lo (BE);
Jean-Marie Aerts, Haasrode (BE);
Vasileios Exadaktylos, Thessaloniki (GR);
Joachim Taelman, Herent (BE)

(57) **ABSTRACT**

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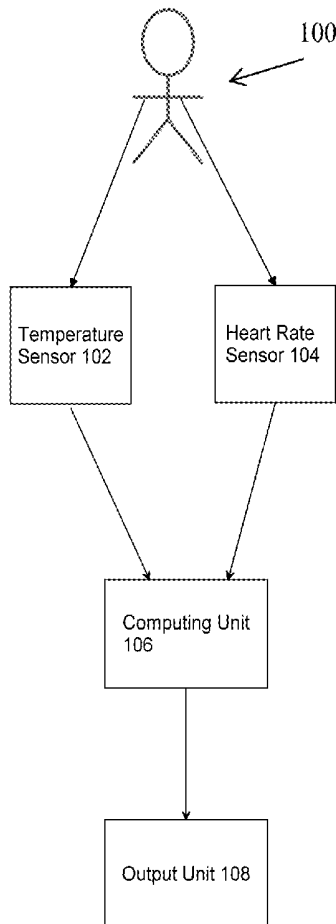
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(51) **Int. Cl.**
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A method and device for detection of drowsiness of a person, based on a relationship between distal temperature and heart rate and on a balance between body heat loss and body heat production, wherein the distal temperature in a predetermined distal region of the person is monitored as a measure for body heat loss, and the heart rate of the person is monitored as a measure for body heat production, wherein drowsiness in the immediate future is concluded when a change of distal temperature passes a first threshold and, subsequently, a change of the heart rate passes a second threshold or, subsequently, the change of the distal temperature is larger than the change of the heart rate.



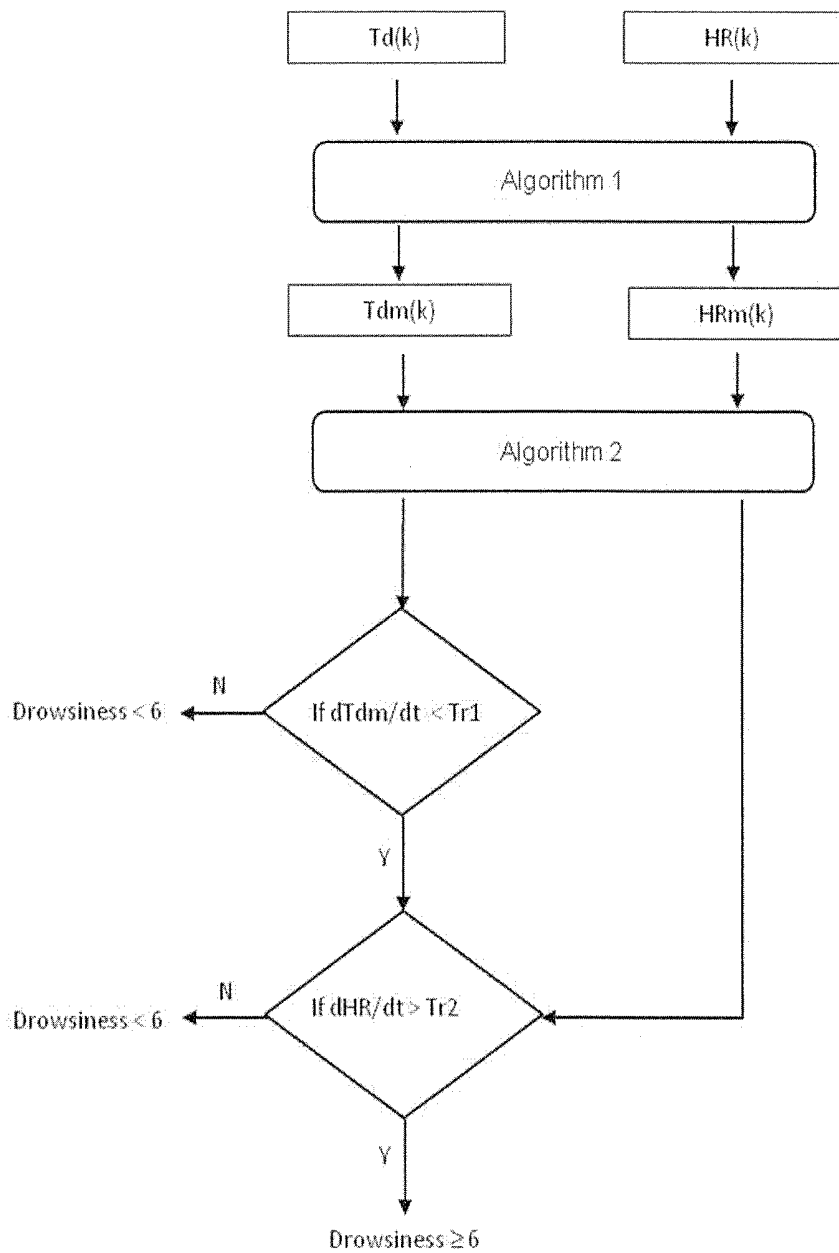


Fig. 1

Fig. 2

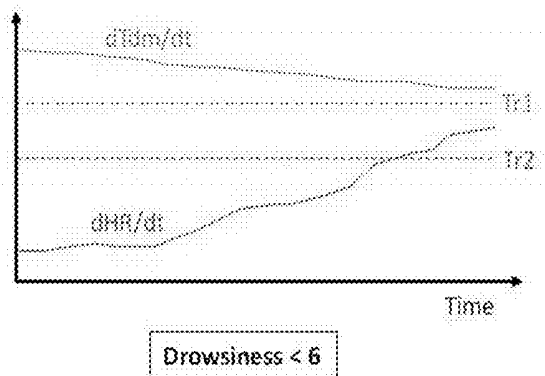


Fig. 3

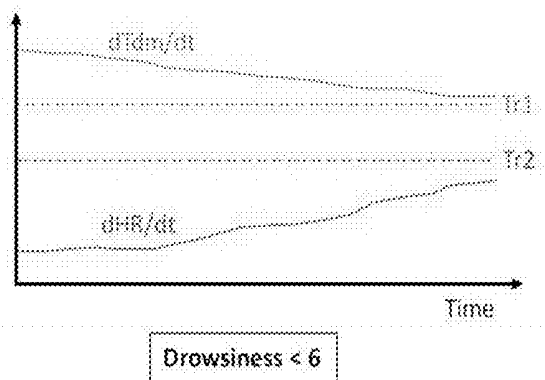


Fig. 4

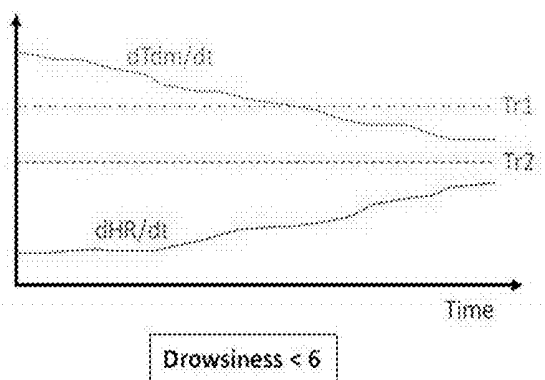
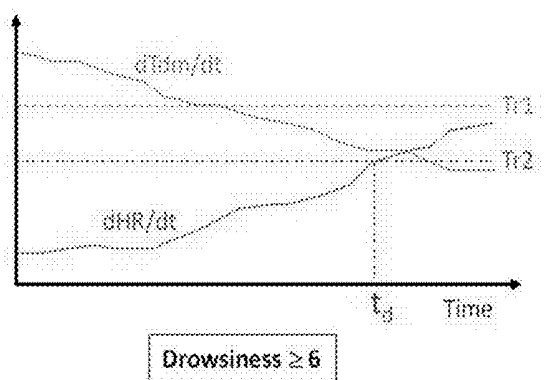


Fig. 5



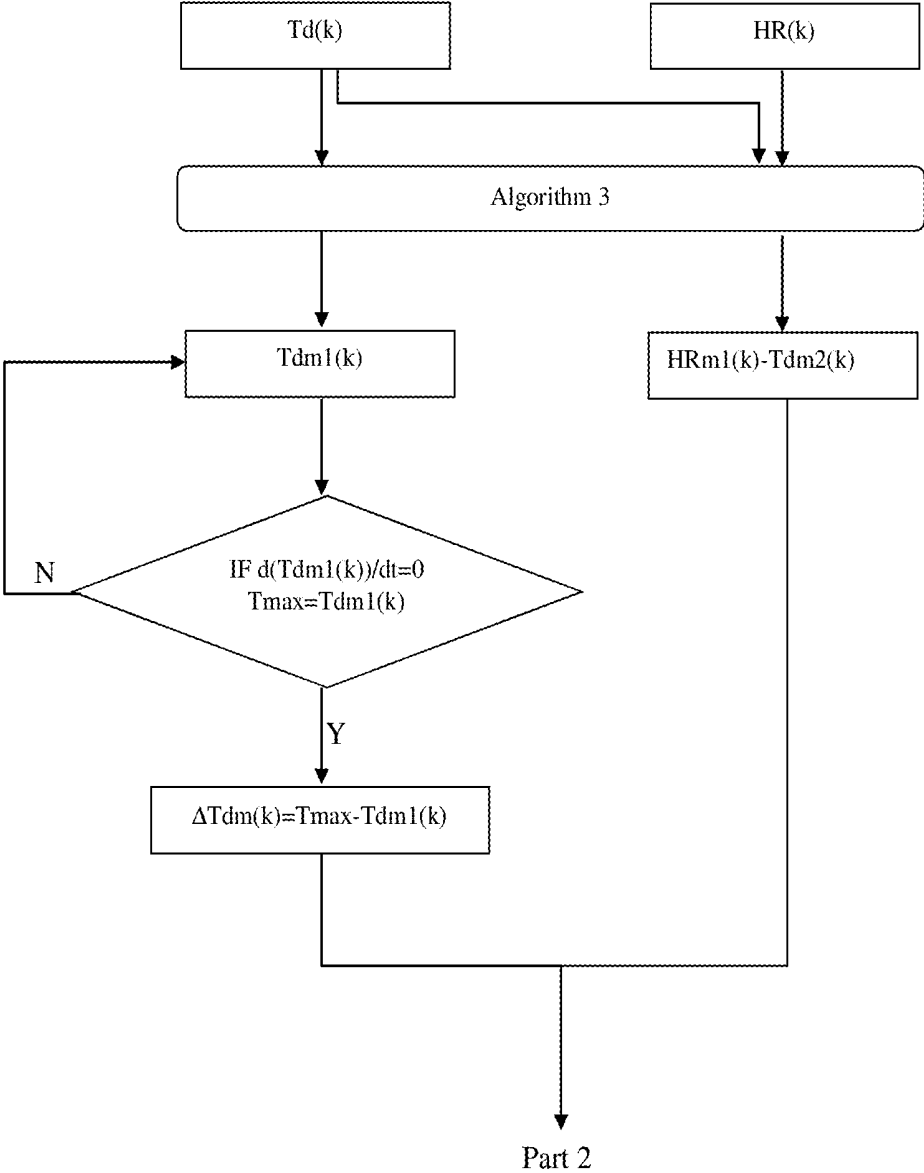


Fig. 6

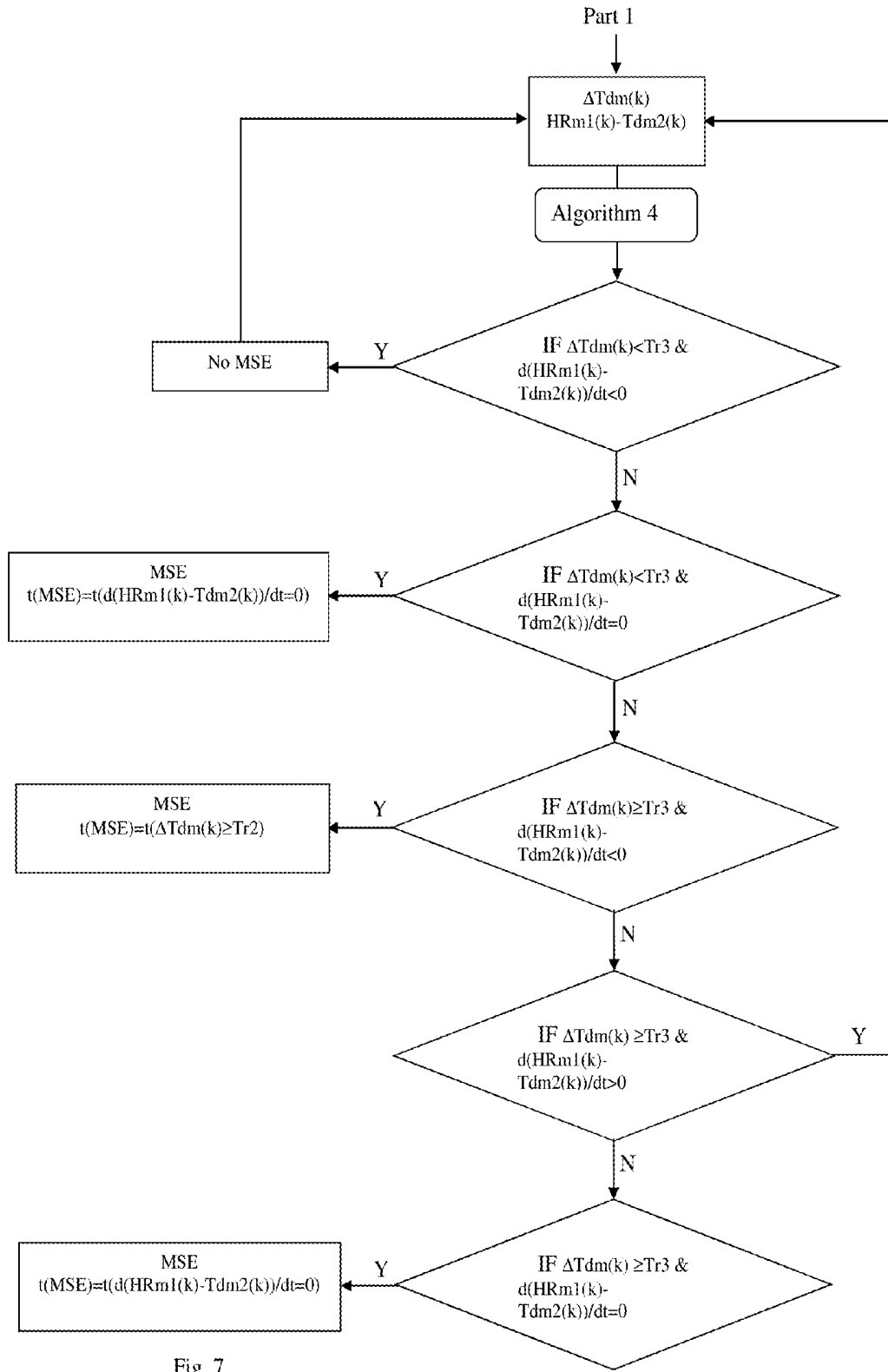


Fig. 7

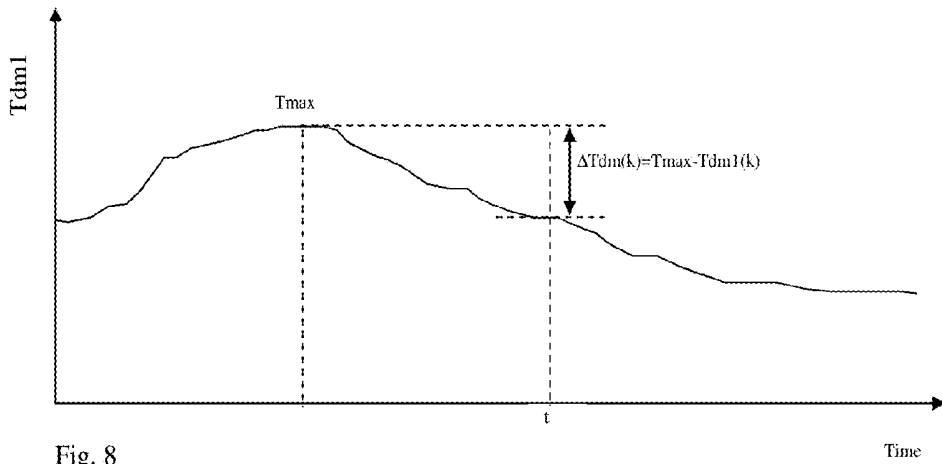


Fig. 8

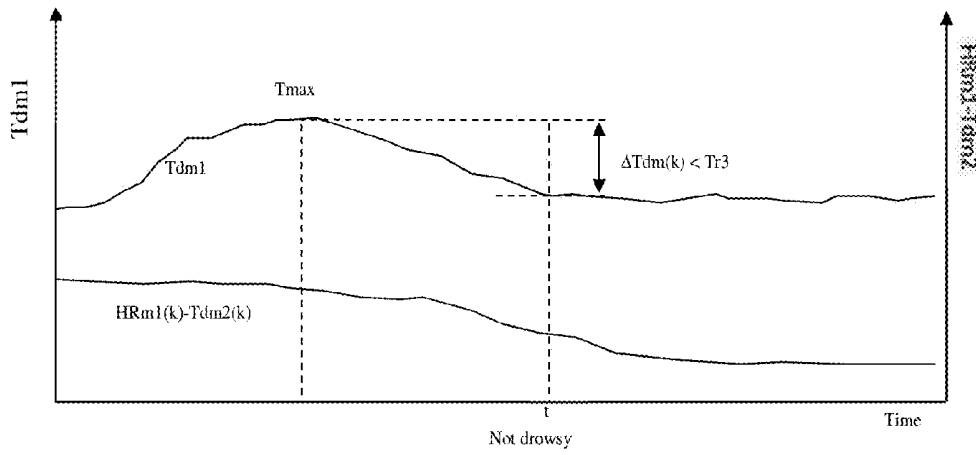


Fig. 9

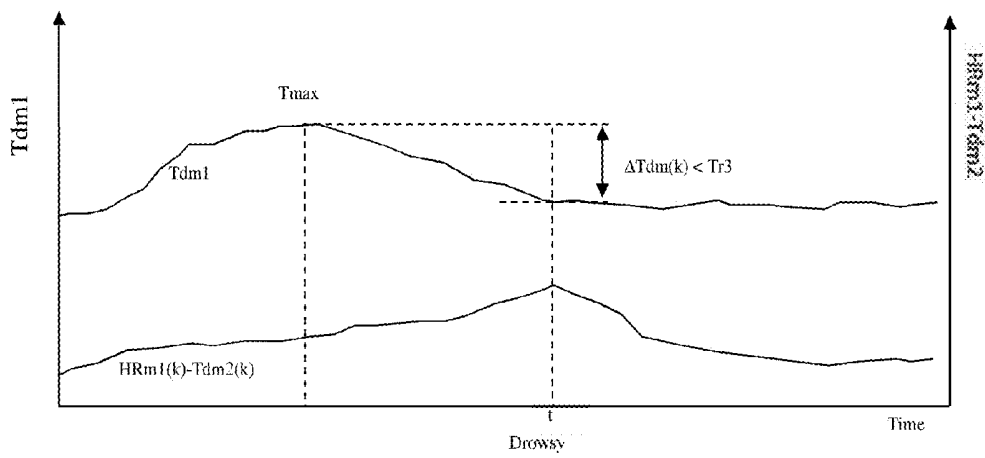


Fig. 10

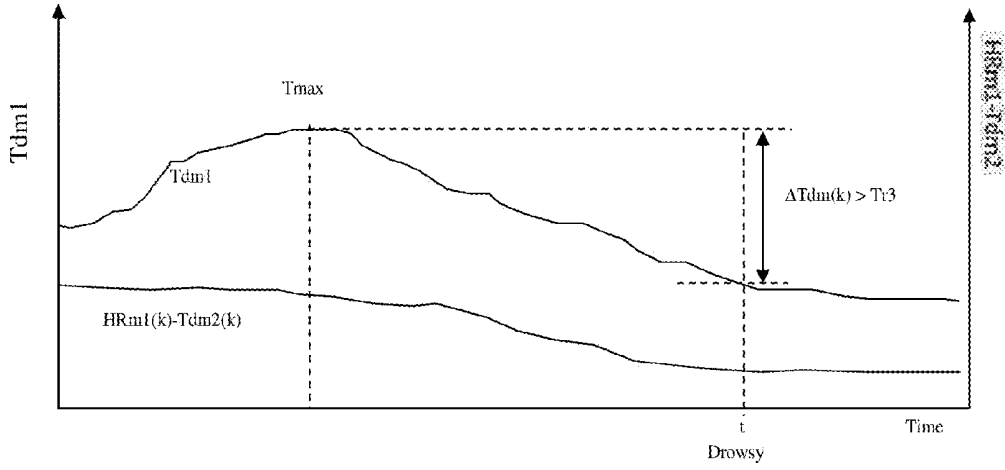


Fig. 11

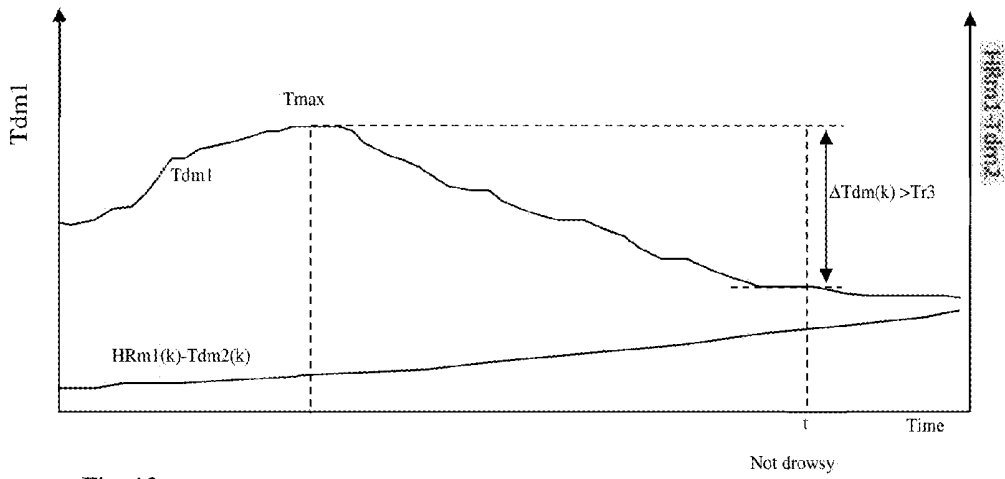


Fig. 12

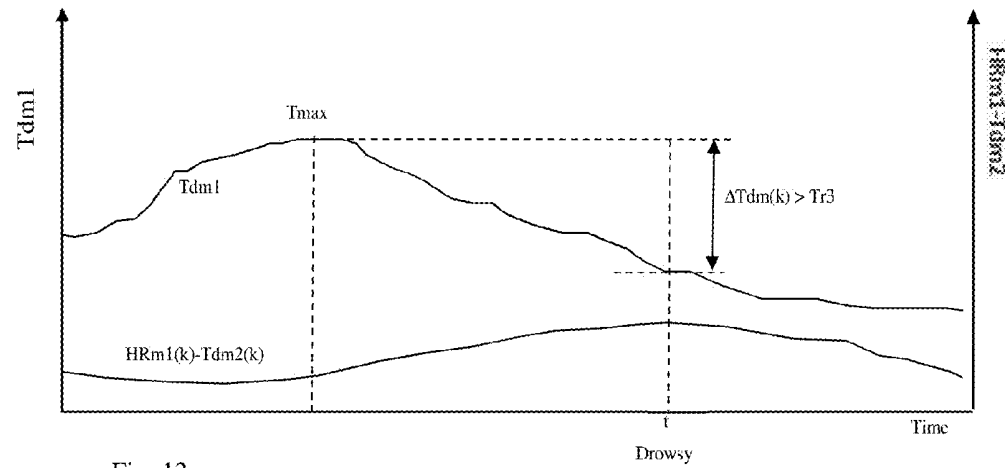
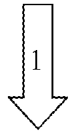
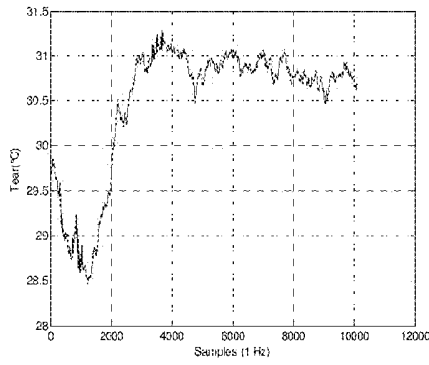
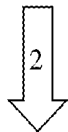
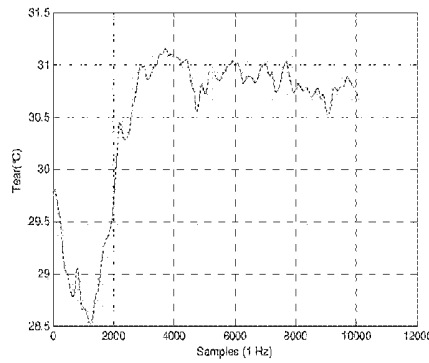


Fig. 13

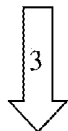
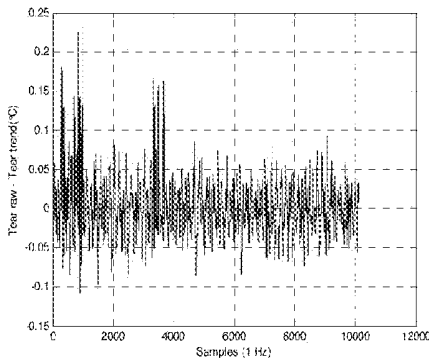
A



B



C



D

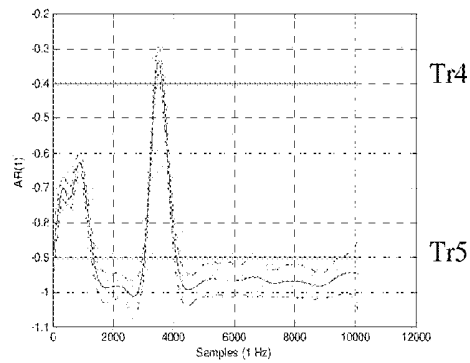


Fig. 14

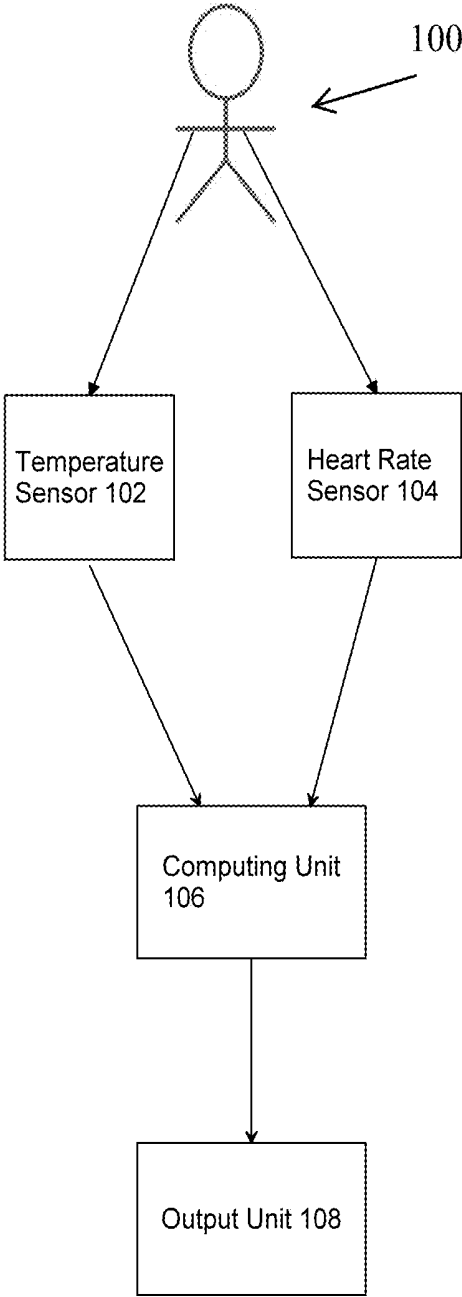


Fig. 15

**METHOD AND DEVICE FOR ACCURATE
REAL-TIME DETECTION OF DROWSINESS
IN OPERATORS USING PHYSIOLOGICAL
RESPONSES**

FIELD

[0001] The present invention concerns a method and device for detection of drowsiness of a person, such as a machine operator, pilot, driver or conductor, wherein a distal temperature in a predetermined distal region of the person and a heart rate of the person are measured and monitored. According to the present invention drowsiness includes micro sleep events (MSE) and falling asleep.

BACKGROUND

[0002] Drowsiness and falling asleep of operators are identified as reasons for many fatalities. For example, in the early 1990s researchers using epidemiologic data began investigating sleepiness and sleep deprivation as causes of accidents. Falling asleep while driving associated with sleep restriction and nocturnal driving has been incriminated in 20% of traffic accidents (Philip and Sagaspe, 2011). Therefore, it is important that drowsiness while operating means of transport or other processes can be detected in an early stage in order to prevent accidents.

[0003] It is known that sleep regulatory and thermoregulatory systems in homeotherms are closely interrelated (Krauchi, 2007). Both are driven, independently, by two interacting physiological principles, homeostasis and circadian regulation.

[0004] The human body consists of two thermophysiological compartments, the heat producing, homeothermic core, and the heat loss regulating, poikilothermic shell (Mount, 1979). All peripheral tissues such as fat, skin, and in particular skeletal muscles of the legs and the arms can contribute substantially to the size of the shell, provided that peripheral flow is low. Therefore, rates of blood flow through muscles and skin are the main determinants of the shell size variability and hence of peripheral insulation. The distal skin regions, in particular fingers and toes, are the main thermoeffectors of the body to lose body heat. Therefore, the distal skin temperatures provide a good measure of the shell size (Krauchi and de Boer, 2010).

[0005] Thermoregulatory distal skin blood flow is regulated by the autonomic nervous system via constriction or dilatation of arteriovenous anastomoses (AVA's). These are shunts between arterioles and venules, exclusively found in distal skin regions, e.g. fingers and toes. When they are open warm blood flows rapidly and directly from arterioles to the dermal venous plexus enabling an efficient heat exchange from the core to the distal skin. The distal to proximal skin temperature gradient (DPG), i.e. the difference between the distal and proximal skin temperature, provides a selective measure of distal skin blood flow, and hence body heat loss via the extremities. Heart rate (HR) can be seen as an indirect measure of intrasubject variation of heat production. So, measuring distal and proximal skin temperature and heart rate allows estimating indirectly (changes in) heat loss and heat production.

[0006] Typically, when falling asleep, heat production is first lowered by a decrease in the heart rate, followed by an increase in distal temperatures and an increase in heat loss, resulting in a decrease in core body temperature (CBT).

Before falling asleep, people can experience feelings of light to heavy drowsiness and even micro sleep events (MSE), which are brief unintended episodes with loss of attention and which can be potentially dangerous, especially when operating processes such as driving a vehicle or a train, flying an airplane, navigating a ship, air traffic control, etc.

[0007] Current systems for detection of drowsiness are based on, e.g., changes of heart rate, temperature changes of breath, skin or eyes, movement of head and eyelids or movement of the steering wheel. However, the accuracy of the present systems is rather low such that operators ignore warning signals which often occur much too early. A warning signal indicating that drowsiness will occur within 30 to 60 minutes or more, will in most circumstances be ignored and hence will be ineffective.

[0008] Patents GB-2375645-A and GB-2491984-A both describe a system and method for detection of drowsiness in which instantaneous absolute values for body temperature and/or heart rate are compared with a threshold consisting of a steady state reference value for each individual in sleeping or drowsy state. Consequently, these systems need thorough calibration and determination of specific reference threshold values for each individual.

SUMMARY

[0009] The invention aims to remedy the above mentioned disadvantages of existing detection systems. Therefore, for developing monitor systems for drowsiness detection, distal temperatures and heart rate should be monitored in real-time and the relationship between distal temperatures and heart rate is a key feature in the determination and prediction of the level of drowsiness.

[0010] The aim of the present invention is to provide a method and device allowing reliable, accurate and real-time detection of drowsiness in operators. Hence, the invention aims to offer a method and device to predict if future drowsiness or MSEs will occur and to predict when drowsiness or MSEs will occur.

[0011] The above mentioned objects are realised by the method and device having the specific features set out in the appended claims. Specific features for preferred embodiments of the invention are set out in the dependent claims.

[0012] Practically, the method and device, according to the invention, is based on a relationship between the distal temperature and the heart rate, wherein the distal temperature is a measure for body heat loss and the heart rate is a measure for body heat production. A change of the distal temperature is compared with a first threshold and, after passing this first threshold, a change of the heart rate is compared with a second threshold or with the change of the distal temperature, wherein drowsiness in the immediate future is concluded when the change of distal temperature passes the first threshold and, subsequently, the change of the heart rate passes the second threshold or, subsequently, the change of the distal temperature is larger than the change of the heart rate.

[0013] According to the invention the immediate future refers to a period of less than 60 minutes, preferably less than 30 minutes, in which drowsiness will occur. Advantageously, the immediate future corresponds to a period of approximately 10 to 15 minutes.

[0014] Other particularities and advantages of the invention will become clear from the following description and accompanying drawings of practical embodiments of the method and device of the invention; the description and drawings are

given as an example only and do not limit the scope of the claimed protection in any way.

BRIEF DESCRIPTION OF THE DRAWINGS

[0015] FIG. 1 is a flow chart of the method according to a first embodiment of the invention.

[0016] FIG. 2 is a graph, which schematically represents the slopes (dHR/dt and $dTdm/dt$) of the overall trends of the mean values of the distal temperature (Tdm) and the heart rate (HRm) according to the first embodiment of the invention, wherein $dTdm/dt$ does not cross a first threshold ($Tr1$) and dHR/dt does not cross a second threshold ($Tr2$) and thus the subject person is evaluated as not drowsy.

[0017] FIG. 3 is a graph as in FIG. 2, wherein $dTdm/dt$ does not cross $Tr1$ and dHR/dt does cross $Tr2$ and thus the subject person is evaluated as not drowsy.

[0018] FIG. 4 is a graph as in FIG. 2, wherein $dTdm/dt$ does cross $Tr1$ and dHR/dt does not cross $Tr2$ and thus the subject person is evaluated as not drowsy.

[0019] FIG. 5 is a graph as in FIG. 2, wherein $dTdm/dt$ does cross $Tr1$ and subsequently dHR/dt does cross $Tr2$ and thus the subject person is evaluated as drowsy.

[0020] FIGS. 6 and 7 are a flow chart of the method according to a second embodiment of the invention.

[0021] FIG. 8 is a graphical representation of the working of the method of FIGS. 6 and 7.

[0022] FIG. 9 is a graphical representation of a first scenario according to the second embodiment of the invention, in which the difference between the maximal distal temperature ($Tmax$) and the actual mean distal temperature ($Tdm1(k)$) ($\Delta Tdm(k) = Tmax - Tdm1(k)$) is smaller than the first threshold ($Tr1$) and the slope of $HRm1(k) - Tdm2(k)$ as a function of time is negative and wherein the subject person is evaluated as not drowsy.

[0023] FIG. 10 is a graphical representation of the second embodiment of the invention, in which $\Delta Tdm(k)$ is smaller than $Tr1$ and $HRm1(k) - Tdm2(k)$ as a function of time reaches a maximum value and wherein the subject person is evaluated as drowsy.

[0024] FIG. 11 is a graphical representation of a third scenario, in which $\Delta Tdm(k)$ is larger than $Tr1$ and the slope of $HRm1(k) - Tdm2(k)$ as a function of time is negative and wherein the subject person is evaluated as drowsy.

[0025] FIG. 12 is a graphical representation of a fourth scenario, in which $\Delta Tdm(k)$ is larger than $Tr1$ and the slope of $HRm1(k) - Tdm2(k)$ as a function of time is positive and wherein the subject person is evaluated as not drowsy.

[0026] FIG. 13 is a graphical representation of a fifth scenario, in which $\Delta Tdm(k)$ is larger than $Tr1$ and $HRm1(k) - Tdm2(k)$ as a function of time reaches a maximum and wherein the subject person is evaluated as drowsy.

[0027] FIG. 14 is a flow chart of the method according to a third embodiment of the invention, including charts of (A) distal temperature (Td), (B) mean values of the distal temperature (Tdm), (C) difference between distal temperature (Td) and mean values of the distal temperature (Tdm), and (D) time-varying parameter of a first order autoregressive model ($AR(1)$) of the difference between distal temperature (Td) and mean values of the distal temperature (Tdm).

[0028] FIG. 15 is a schematic illustration of a device according to the present invention.

DETAILED DESCRIPTION

[0029] The invention generally concerns a method and device for detection of drowsiness of a person wherein drowsiness of the person is determined after evaluating a change in the balance between body heat loss and body heat production. The method is based on a relationship between distal temperature and heart rate, which reflects the balance between body heat loss and body heat production. According to the method of the invention, a distal temperature (Td) in a predetermined distal region of the person is measured and monitored as a measure for body heat loss, and a heart rate (HR) of the person is measured and monitored as a measure for body heat production.

[0030] The method is based on dynamics of measured thermoregulatory signals, e.g. changes of distal temperature and heart rate. This has the advantage that it allows detecting thermoregulatory changes that precedes drowsiness, e.g. up to 45 minutes for some subjects, before the steady state values of body temperature and/or heart rate start dropping.

[0031] In order to predict and monitor the drowsiness in practice, an apparatus is needed consisting of a sensing unit, a computing unit, a warning unit and/or an output unit. The sensing unit includes a temperature sensor and a heart rate sensor. It measures the heart rate (HR) and the distal temperature (Td). Both measured bio-signals are processed in real-time in the computing unit. The computing unit communicates with a warning and/or output unit, which generates warnings for the operator. The apparatus can be made mobile where the operator wears the sensors and the computing power (e.g. smart phone) on the body, or the measuring hardware and computing power can be integrated in the operator's environment (e.g. via the roof of a car, the seat, the seat belt or the head support).

[0032] A first embodiment of a method according to the invention is schematically shown in the flow chart of FIG. 1.

[0033] The heart rate (HR) of a person and the distal temperature (Td) at an ear of the person are measured and monitored.

[0034] A first algorithm (Algorithm 1) is used for estimation of slow varying trends in the distal temperature (Td) and the heart rate (HR). The algorithm (Algorithm 1) calculates global trends in the real-time measured distal temperature (Td) and heart rate (HR) time series by calculating progressing overall mean values of distal temperature (Tdm) and heart rate (HRm). The progressing overall mean value at a time instant is the mean calculated at said time instant starting from the first measured value of a time series. It is a recursively estimated mean of a time series by calculating each new time instant the average of all values from the start of the time series until the last measured data point.

[0035] In order to estimate the relative balance between heat production, which is related to the heart rate (HR) and heat losses, which is related to the distal temperature (Td), changes in the distal temperature (dTd/dt) and changes in the heart rate (dHR/dt) are monitored using a second algorithm (Algorithm 2) for the estimation of slopes in slow varying trends of the distal temperature (Td) and the heart rate (HR). By using a dynamic linear regression approach, the second algorithm (Algorithm 2) quantifies at each time instance the slopes of slow trends of progressing overall mean values of the distal temperature (Tdm) and the heart rate (HRm) calculated by means of the first algorithm (Algorithm 1).

[0036] The slopes (dHRm/dt, dTdm/dt) of overall trends of mean values of the distal temperature (Tdm) and the heart rate (HRm) are schematically represented in FIGS. 2 to 5.

[0037] When the slope of the trend of the mean value of the distal temperature (dTdm/dt) crosses a predefined first threshold (Tr1), the slope of the trend of the mean value of the heart rate (dHRm/dt) is monitored. When the latter, subsequently, crosses a second threshold (Tr2), the operator is defined to be drowsy, as schematically represented in the graph of FIG. 5. The moment of crossing the second threshold (Tr2) is defined as the moment of onset of drowsiness. In all other cases, schematically represented in FIGS. 2 to 4, the operator is assumed to be not drowsy. Hence, for the scenario when dTdm/dt crosses Tr1, but dHR/dt does not cross Tr2 or when dTdm/dt does not cross Tr1, the operator is assumed not to be drowsy.

[0038] In order to test the methodology according to the first embodiment of the invention, an experiment was performed, in which a total of 10 persons (D1 to D10) have been used as test subjects for driving a fully equipped test car. In total 16 datasets were generated. The results are shown in table 1. Depending on the test subject, the drives started in the morning at 10 h00, in the afternoon at 15 h00, in the evening at 20 h00 or at night at 24 h00.

[0039] For the experiment a test car was used, equipped with the following sensors/sensing systems:

[0040] 1. faceLAB eye tracking system (60 fps) for measuring of eye movements, head position and rotation, eyelid aperture and pupil size;

[0041] 2. webcam for registration of driving behaviour (30 fps);

[0042] 3. car variables measured via the can bus of the test car: longitudinal velocity (m/s); longitudinal acceleration (m/s²); lateral velocity (m/s); lateral acceleration (m/s²); throttle pedal position (%); brake pedal force (N); steering torque (ft-lbs); steering wheel angle (deg); steering wheel angle rate (deg/s).

[0043] 4. physiological variables: heart rate (HR): sampling rate: 256 Hz, derived from ECG measured wirelessly via chest belt (resolution: 1 bpm); respiration rate: sampling rate: 32 Hz, measured via deformation of chest belt (resolution: 0.01%; range: 0-75%); activity: sampling rate: 128 Hz, measured via accelerometer (resolution: 3 mg; range: +/-6 g); skin temperature: sampling rate: 32 Hz (resolution: 0.1° C.); ear temperature (Td): idem as skin temperature; body temperature (armpit): idem as skin temperature.

TABLE 1

Experimental results of prediction performance of the method of the first embodiment of the invention using distal ear temperature (Td) and heart rate (HR) as measured bio-responses; 13 out of 16 datasets have correctly been classified.				
Test subject Driver code	Drowsiness level $\geq 6^*$ according to scoring co-driver	Drowsiness level $\geq 6^*$ according to the method of the first embodiment	Correct prediction	Time difference between predicted and actual onset of drowsiness (min)
D1	No	No	✓	—
D2	Yes	Yes	✓	-5
D3	No	No	✓	—
D4-1	No	Yes	✓	—
D4-2	No	Yes	✓	—
D4-3	Yes	Yes	✓	0

TABLE 1-continued

Experimental results of prediction performance of the method of the first embodiment of the invention using distal ear temperature (Td) and heart rate (HR) as measured bio-responses; 13 out of 16 datasets have correctly been classified.				
Test subject Driver code	Drowsiness level $\geq 6^*$ according to scoring co-driver	Drowsiness level $\geq 6^*$ according to the method of the first embodiment	Correct prediction	Time difference between predicted and actual onset of drowsiness (min)
D5-1	No	No	✓	—
D5-2	Yes	Yes	✓	+10
D6-1	No	No	✓	—
D6-2	No	No	✓	—
D7	Yes	No	x	—
D8-1	No	No	✓	—
D8-2	Yes	Yes	✓	-15
D9-1	Yes	Yes	✓	+25
D9-2	Yes	No	x	—
D10	No	Yes	x	—

*The drowsiness level of the driver was scored on a scale from 1, not drowsy at all, to 9, falling asleep; the driver was assumed to be drowsy from a score of 6 on.

[0044] A single driving experiment consisted of a four to five hours drive performed by the test subject and an accompanying co-driver. All test subjects followed comparable routes, consisting of a mix of different roads, i.e. highway, express roads and streets. During every drive two persons were present in the car, namely, the test subject as driver and the co-driver who checked continuously the proper functioning of the measuring equipment and monitored the status of the test driver.

[0045] Before following the programmed route, each driver made a short drive with the test car (approximately 15 minutes) to get himself acquainted to the car.

[0046] The drowsiness level of the test subject, i.e., the driver, was scored by the driver as well as by the co-driver on a scale from 1, corresponding to not drowsy at all, to 9, corresponding to falling asleep. In the results shown in table 1, signals sampled at 1 Hz were used and the driver was assumed to be drowsy from a score of 6 on.

[0047] A second embodiment of a method according to the invention uses the relation between the distal temperature (Td) and heart rate (HR) by calculating the difference between measured signals of distal temperature (Td) and heart rate (HR) in order to predict the onset of MSE or drowsiness.

[0048] The method is schematically represented in the flow charts of FIGS. 6 and 7 and further illustrated in the graphical representations of FIGS. 8 to 13.

[0049] First, a moving average for the distal temperature (Tdm1) as well as a progressing overall mean for the distal temperature (Tdm2) and the heart rate (HRm) are quantified by use of a first algorithm (Algorithm 3). Next, when the Tdm1 signal reaches a maximum value (T_{max}), all next values of Tdm1 are compared with this maximum value ($\Delta Tdm(k) = T_{max} - Tdm1(k)$).

[0050] In parallel, the calculated trends for distal temperature (Tdm2) and heart rate (HRm) are fed into a second algorithm (Algorithm 4) to calculate the slope of HRm-Tdm2.

[0051] Next, the calculated value of $\Delta Tdm(k)$ is compared with a threshold value Tr3 and the slope of HRm-Tdm2 is quantified by use of a second algorithm (Algorithm 4).

[0052] Several scenarios can occur that can be linked to the drowsiness state of the operator.

[0053] In a first scenario, as schematically represented in FIG. 9, $\Delta T_{dm}(k)$ is smaller than Tr_3 , i.e. when the distal temperature T_d is quite stable, and the slope of $HRm(k)-T_{dm2}(k)$ as a function of time is negative, i.e. when the heat production relatively decreases, the operator is considered as being not drowsy.

[0054] In a second scenario, as schematically represented in FIG. 10, $\Delta T_{dm}(k)$ is smaller than Tr_3 and the slope of $HRm(k)-T_{dm2}(k)$ as a function of time is zero when $HRm(k)-T_{dm2}(k)$ reaches a maximum value, i.e. after a period of increased heat production the heart rate decreases, the operator is considered as being drowsy. The moment of reaching the maximum $HRm(k)-T_{dm2}(k)$ is the moment that the operator is considered to be drowsy.

[0055] In a third scenario, as schematically represented in FIG. 11, $\Delta T_{dm}(k)$ is larger than Tr_3 and the slope of $HRm(k)-T_{dm2}(k)$ as a function of time is negative, the operator is considered as being drowsy. The moment of crossing the Tr_3 value is the moment that the operator is considered to be drowsy.

[0056] In a fourth scenario, as schematically represented in FIG. 12, $\Delta T_{dm}(k)$ is larger than Tr_3 , i.e. when there is vasoconstriction in the distal parts and heat loss is lowered, and the slope of $HRm(k)-T_{dm2}(k)$ as a function of time is positive, i.e. when there is a relative increase in heat production and a decrease in heat loss, the operator is considered as being not drowsy.

[0057] In a fifth scenario, as schematically represented in FIG. 13, $\Delta T_{dm}(k)$ is larger than Tr_3 and $HRm(k)-T_{dm2}(k)$ as a function of time reaches a maximum, the operator is considered as being drowsy. The moment of reaching this maximum, after crossing Tr_3 , is the moment that the operator is considered to be drowsy.

[0058] The method according to the second embodiment of the invention was tested on experimental data generated by a driving simulator under controlled conditions. The results are shown in tables 2 and 3.

TABLE 2

Prediction performance of the second embodiment of the method according to the invention on training datasets; 21 out of 24 datasets have been correctly classified.			
Test subject Driver code	MSE predicted	Time difference between predicted and actual onset of MSEs (min)	Correct prediction
D11	No	—	✓
D12	Yes	30	✓
D13	Yes	-75	✓
D14	Yes	-3	✓
D15	Yes	15	✓
D16	Yes	-75	x
D17	Yes	5	✓
D18	No	—	✓
D19	No	—	✓
D20	No	—	✓
D21	No	—	✓
D22	Yes	5	✓
D23	No	—	✓
D24	No	—	✓
D25	Yes	0	✓
D26	Yes	-5	✓
D27	No	—	✓
D28	Yes	-35	x

TABLE 2-continued

Prediction performance of the second embodiment of the method according to the invention on training datasets; 21 out of 24 datasets have been correctly classified.			
Test subject Driver code	MSE predicted	Time difference between predicted and actual onset of MSEs (min)	Correct prediction
D29	No	—	✓
D30	Yes	-5	✓
D31	Yes	30	✓
D32	No	—	x
D33	Yes	-15	✓
D34	No	—	✓

[0059] More specifically, experiments were designed using in total 63 subjects, including only male subjects, aged 22 to 28 years, right-handed and having a mean driving experience of over 16000 km/year. During the simulator experiments several variables were measured on the car (distance along roadway centreline, total vehicle longitudinal velocity, total vehicle lateral velocity, steering wheel angle, etc.) as well as on the driver. The main physiological variables were: eye movements, eye blink duration, blink frequency, head movements, EEG, galvanic skin response, heart rate, fingertip temperature and armpit temperature. For this analysis 24 test persons (D11 to D34) were used for training the algorithms and 11 test persons (D35 to D45) for validation purposes. The driving tasks were basically divided into three parts: control, drowsiness induction and test.

TABLE 3

Prediction performance of the second embodiment of the method according to the invention on validation datasets; 8 out of 11 datasets have been correctly classified.			
Test subject Driver code	MSE predicted	Time difference between predicted and actual onset of MSEs (min)	Correct prediction
D35	No	—	✓
D36	No	—	✓
D37	No	—	✓
D38	No	—	✓
D39	Yes	12	✓
D40	Yes	-45	x
D41	Yes	0	✓
D42	Yes	5	✓
D43	No	-10	x
D44	Yes	5	✓
D45	Yes	—	x

[0060] During the control part of about 9 km, the subjects drove through tight curves with heavy oncoming traffic, changing visibility (fog banks) and the request to drive as fast as possible. The following drowsiness induction part showed reduced visibility due to fog and a speed limit of 50 km/h throughout the whole length of about 110 km (six identical laps of about 18 km). The test part at the end of the scenario repeated exactly the control part from the beginning.

[0061] The driving tasks started at 13 h30. During the 2.5 hours long driving task the subject had no access to external stimuli such as a time watch, radio or conversation. In order to get a drowsiness estimation for each subject straight after the trial, the supervisor rated the subjects for six times during the induction part of the trial—each time the subjected started

into a new repetition of the induction part. After the trial, the subjects completed the same questionnaires on subjective rating of drowsiness and mood and concentration performance as in the morning and before the driving task, respectively (Altmüller, 2007).

[0062] In table 2, results are shown for predicting the onset of the first MSEs on the training datasets. Table 3 shows the results for the validation datasets.

[0063] A third embodiment of a method according to the invention differs from the first and second embodiment mainly in the manner that a change of the distal temperature is compared with a first threshold, before comparing a change of the heart rate with a second threshold or with the change of the distal temperature, as schematically presented in FIG. 14 (Algorithm 5).

[0064] In this embodiment an alternative methodology early for detection of heavy drowsiness or MSE may be based on only distal temperature measurements (Algorithm 5). More specifically, using an integrated random walk model the overall trend of the distal temperature (Td) is estimated and this trend signal (Tdm) is subtracted from the original measured temperature signal (Td). The integrated random walk model is a time series model that is typically used for estimation of simple trends in time series and for smoothing operations. The resulting difference signal (Td-Tdm) describes mainly the higher frequent behaviour of the distal temperature (Td) and it can be modelled for instance by using a first order time-varying autoregressive analysis, resulting in a time series of AR(1) parameters. The first order time-varying autoregressive model is a model that regresses each value of a time series variable on its previous value. The coefficient or also the parameter describing the linear relationship between each value with its previous value (1st order) can be made function of time itself, resulting in a time-varying autoregressive parameter (AR(1)). The calculated AR(1) parameter values, which are reflecting the dynamics of the thermoregulatory mechanisms, are compared with two threshold values (Tr4, Tr5) in order to determine a state of drowsiness or not.

[0065] A schematic overview including graphical representations of the working of the algorithm (Algorithm 5) of the third embodiment is shown in FIG. 14. The different steps are: (1) calculation of slow trend of the original signal, (2) subtracting the trend signal from the original signal and (3) calculating the AR(1) parameters of the difference signal and comparing it with two threshold values (Tr4, Tr5).

[0066] When the calculated AR(1) parameter value exceeds a first threshold value (Tr4, Tr5), drowsiness in the near future is expected. For further evaluation of the onset of drowsiness, a change of the heart rate is compared with a second threshold or with the change of the distal temperature, as described for the above first and second embodiments.

TABLE 4

Prediction performance of the third embodiment of the method according to the invention on validation datasets using ear temperature as measured bioresponses; 18 out of 18 datasets have been correctly classified.			
Driver code	Drowsiness ≥ 7 according to scoring co-driver	Drowsiness ≥ 7 according to algorithms	Correct prediction
D50	N	N	✓
D51	N	N	✓
D52	N	N	✓

TABLE 4-continued

Prediction performance of the third embodiment of the method according to the invention on validation datasets using ear temperature as measured bioresponses; 18 out of 18 datasets have been correctly classified.			
Driver code	Drowsiness ≥ 7 according to scoring co-driver	Drowsiness ≥ 7 according to algorithms	Correct prediction
D53	N	N	✓
D54	N	N	✓
D55	Y	Y	✓
D56	N	N	✓
D57	N	N	✓
D58	N	N	✓
D59	N	N	✓
D60	N	N	✓
D61	Y	Y	✓
D62	N	N	✓
D63	N	N	✓
D64	N	N	✓
D65	N	N	✓
D66	N	N	✓
D67	N	N	✓

*The drowsiness level of the driver was scored on a scale from 1, not drowsy at all, to 9, falling asleep; the driver was assumed to be drowsy from a score of 6 on.

[0067] Naturally, the invention is not restricted to the method and device according to the invention as described above. Thus, besides the distal ear temperature, other distal regions, such as fingers or toes, may be used for measuring the distal temperature. Furthermore, according to the invention the immediate future may also refer to a period of less than 10 minutes. The warning signal may also include an activating signal, which prevents and/or delays drowsiness.

[0068] An example of a device according to the invention is disclosed, schematically illustrated in FIG. 15, for detection of drowsiness of a person 100, based on a relationship between distal temperature and heart rate. The device includes a temperature sensor 102 for measuring a distal temperature in a predetermined distal region of the person as a measure for body heat loss, a heart rate sensor 104 for measuring a heart rate of the person as a measure for body heat production, a computing unit 106 for monitoring the measured distal temperature and the measured heart rate, and an output unit 108 for generating a drowsiness signal and alerting the person when drowsiness in the immediate future is concluded. According to the invention, the computing unit compares a change of the distal temperature with a first threshold and, after detecting the passing of the first threshold, compares a change of the heart rate with a second threshold or with the change of the distal temperature. The output unit generates the drowsiness signal and alerting the person when the computing unit detects that the change of distal temperature passes the first threshold and, subsequently, detects that the change of the heart rate passes the second threshold and/or the change of the distal temperature is larger than the change of the heart rate.

[0069] The computing unit monitors the change in the distal temperature and/or the heart rate, by monitoring the change of averaged values of the measured distal temperature and/or the measured heart rate. The averaged values are a moving average and/or a progressing overall mean.

[0070] The computing unit calculates the progressing overall mean distal temperature from the measured distal temperature and calculates the progressing overall mean heart rate from the measured heart rate. The computing unit moni-

tors the change of the progressing overall mean distal temperature and compares it with the first threshold. After the computing unit detects the passing of said first threshold, the computing unit monitors the change of the progressing overall mean heart rate and compares it with the second threshold. The output unit generates the drowsiness signal when the computing unit detects that the change of progressing overall mean distal temperature passes the first threshold and, subsequently, the change of the progressing overall mean heart rate passes the second threshold.

[0071] The computing unit detects a maximum in the distal temperature, and monitors the change in the distal temperature after reaching the maximum in the distal temperature, to compare the change with the first threshold corresponding to a maximal change in the distal temperature, and detects when the distal temperature passes the first threshold. The computing unit also monitors a change in the difference between the heart rate and the distal temperature, after detecting the distal temperature passing the first threshold, to compare the change with the second threshold, and detects when the change passes the second threshold. The output unit generates the drowsiness signal to alert the person of the conclusion that drowsiness is impending when the computing unit detects that the distal temperature passes the maximal change in the distal temperature and subsequently detects that the change of the distal temperature is larger than the change of the heart rate or subsequently the change in the distal temperature equals the change in the heart rate.

[0072] The output unit generates the drowsiness signal and alerts the person when the computing unit detects that the change in the distal temperature equals the change in the heart rate. The immediate future corresponds to a period of less than 60 minutes, preferably less than 30 minutes, more preferably between 10 minutes and 15 minutes.

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1. A method for detection of drowsiness of a person, based on a relationship between distal temperature and heart rate, comprising:

measuring and monitoring a distal temperature in a predetermined distal region of the person as a measure for body heat loss, and

measuring and monitoring a heart rate of the person as a measure for body heat production,

evaluating a change in balance between body heat loss and body heat production by comparing a change of the distal temperature with a first threshold and, after pass-

ing said first threshold, comparing a change of the heart rate with a second threshold or with the change of the distal temperature,

concluding a finding of drowsiness in the immediate future when the change of distal temperature passes said first threshold and, subsequently, the change of the heart rate passes said second threshold or, subsequently, the change of the distal temperature is larger than the change of the heart rate, and

generating a drowsiness signal and alerting the person when drowsiness in the immediate future is concluded.

2. The method according to claim 1, wherein the change of the distal temperature is monitored by monitoring the change of averaged values of the measured distal temperature and/or wherein the change of the heart rate is monitored by monitoring the change of averaged values of the measured heart rate, wherein the averaged values are a moving average and/or a progressing overall mean.

3. The method according to claim 2, further comprising: calculating a progressing overall mean distal temperature from the measured distal temperature, calculating a progressing overall mean heart rate from the measured heart rate,

monitoring a change of the progressing overall mean distal temperature and comparing the change of the progressing overall mean distal temperature with a first threshold,

after passing said first threshold, monitoring a change of the progressing overall mean heart rate,

comparing the change of the progressing overall mean heart rate with a second threshold, and

concluding that drowsiness may occur in the immediate future when the change of progressing overall mean distal temperature passes said first threshold and, subsequently, the change of the progressing overall mean heart rate passes said second threshold.

4. The method according to claim 1, further comprising determining a maximum in the distal temperature, and, after reaching said maximum in the distal temperature, monitoring a change in the distal temperature and comparing the change in distal temperature with a first threshold corresponding to a maximal change in the distal temperature,

after passing said first threshold, monitoring a change in the heart rate and a change in the distal temperature and comparing the change in the heart rate and the change in the distal temperature with each other, and

concluding that drowsiness may occur in the immediate future when the distal temperature passes said first threshold and, subsequently, the change of the distal temperature is larger than the change of the heart rate.

5. The method according to claim 4, further comprising concluding that drowsiness may occur in the immediate future when the change of the distal temperature is equal to the change of the heart rate.

6. The method according to claim 1, wherein the immediate future corresponds to a period of less than 60 minutes.

7. The method according to claim 1, wherein the immediate future corresponds to a period of less than 30 minutes.

8. The method according to claim 1, wherein the immediate future corresponds to a period of between 10 minutes and 15 minutes.

9. A device for detection of drowsiness of a person, based on a relationship between distal temperature and heart rate, comprising:

a temperature sensor for measuring a distal temperature in a predetermined distal region of the person as a measure for body heat loss, and

a heart rate sensor for measuring a heart rate of the person as a measure for body heat production,

a computing unit for monitoring the measured distal temperature and the measured heart rate, and

an output unit for generating a drowsiness signal and alerting the person when drowsiness in the immediate future is concluded,

wherein the computing unit is configured

to compare a change of the distal temperature with a first threshold and, after detecting the passing of said first threshold, and

to compare a change of the heart rate with a second threshold or with the change of the distal temperature, and

wherein the output unit is configured to generate the drowsiness signal and alert the person when the computing unit

detects that the change of distal temperature passes said first threshold and, subsequently, and

detects that the change of the heart rate passes said second threshold and/or the change of the distal temperature is larger than the change of the heart rate.

10. The device according to claim **8**, wherein the computing unit is configured to monitor the change in the distal temperature and/or the heart rate, by monitoring the change of averaged values of the measured distal temperature and/or the measured heart rate, wherein the averaged values are a moving average and/or a progressing overall mean.

11. The device according to claim **10**, wherein the computing unit is configured to calculate the progressing overall mean distal temperature from the measured distal temperature and to calculate the progressing overall mean heart rate from the measured heart rate,

wherein the computing unit is configured to monitor the change of the progressing overall mean distal temperature and to compare it with the first threshold, and further, after the computing unit detects the passing of said first threshold, to monitor the change of the progressing overall mean heart rate and to compare the change of the progressing overall mean heart rate with the second threshold,

wherein the output unit is adapted to generate the drowsiness signal when the computing unit detects that the change of progressing overall mean distal temperature passes said first threshold and, subsequently, the change of the progressing overall mean heart rate passes said second threshold.

12. The device according to claim **9**, wherein the computing unit is configured to detect a maximum in the distal temperature, and to monitor the change in the distal temperature after reaching said maximum in the distal temperature, to compare said change with the first threshold corresponding to a maximal change in the distal temperature, and to detect when the distal temperature passes said first threshold, wherein the computing unit is further configured to monitor a change in the difference between the heart rate and the distal temperature, after detecting the distal temperature passing said first threshold, to compare said change with the second threshold, and to detect when said change passes said second threshold, wherein the output unit is configured to generate the drowsiness signal and alert the person when the computing unit detects that the distal temperature passes said maximal change in the distal temperature and subsequently detects that the change of the distal temperature is larger than the change of the heart rate or subsequently the change in the distal temperature equals the change in the heart rate.

13. The device according to claim **9**, wherein the output unit is configured to generate the drowsiness signal and alert the person when the computing unit detects that the change in the distal temperature equals the change in the heart rate.

14. The device according to claim **9**, wherein the immediate future corresponds to a period of less than 60 minutes.

15. The device according to claim **10**, wherein the computing unit is configured to detect a maximum in the distal temperature, and to monitor the change in the distal temperature after reaching said maximum in the distal temperature, to compare said change with the first threshold corresponding to a maximal change in the distal temperature, and to detect when the distal temperature passes said first threshold, wherein the computing unit is further configured to monitor a change in the difference between the heart rate and the distal temperature, after detecting the distal temperature passing said first threshold, to compare said change with the second threshold, and to detect when said change passes said second threshold, wherein the output unit is configured to generate the drowsiness signal when the computing unit detects that the distal temperature passes said maximal change in the distal temperature and subsequently detects that the change of the distal temperature is larger than the change of the heart rate or subsequently the change in the distal temperature equals the change in the heart rate.

16. The device according to claim **9**, wherein the immediate future corresponds to a period of less than 30 minutes.

17. The device according to claim **9**, wherein the immediate future corresponds to a period of between 10 minutes and 15 minutes.

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摘要(译)

一种用于检测人的困倦的方法和装置，其基于远端温度和心率之间的关系以及体热损失和体热产生之间的平衡，其中将人的预定远端区域中的远端温度监测为测量体热损失的量度，并监测人的心率作为体热产生的量度，其中当远端温度的变化超过第一阈值并随后改变时，在不久的将来结束困倦。心率通过第二阈值，或者随后，远端温度的变化大于心率的变化。

